



*Rappahannock  
Westminister-Canterbury*

*Fall/Winter  
Menus  
2011 - 2012*

## **RW-C Dining Services Hours**

### **LAKEVIEW GRILLE**

**Open 7 days a week**

**Full Breakfast**

**8:00 AM - 10:00 AM**

**Lunch**

**11:00 AM - 1:30 PM**

**Dinner**

**5:00 PM - 7:00 PM**

### **LANCASTER ROOM**

**Dinner -Friday and Saturday**

**5:30 PM - 7:00 PM**

**Lunch - Sunday only**

**12:00 PM - 1:30 PM**

## FALL/WINTER MENU - WEEK ONE

**SUNDAY** Salad: Mara Sweet Salad Dessert: Apple Cobbler A la Mode  
***Lunch-*** Crab Bisque, Andouille Shrimp and Grits, Carved Chateaubriand with Veal Jus, Pancake Supper, Green Bean Casserole, Vegetable Medley, Baked Sweet Potatoes  
***Dinner-*** Corn Chowder, Deli Sandwich Station, Roasted Fish with Dill Sauce, Curried Chicken and Broccoli Casserole, Wax Beans, Steamed Beets, House Cut Fries

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**MONDAY** Salad: Tossed Caesar Salad with Asiago and Croutons Dessert: Carrot Cake  
***Lunch-*** Hot Potato with Leeks and Sherry, Panini Sandwich Station, Chili Cornbread Casserole, Baked Chicken, Steamed Peas and Carrots, Pan Fried Zucchini and Onions, Buttered Corn  
***Dinner-*** Turkey Noodle Soup, Currant Crusted Pork Loin with Port Jus, Cod Pups, Pot Roast Beef with Gravy, Roma Tomato Casserole, Sautéed Fresh Spinach, Parslied Parsnips

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**TUESDAY** Salad: Malt Vinegar Slaw Dessert: Coconut Custard Pie  
***Lunch-*** Mexi Chili, Deli Sandwich Station, Chicken Livers with Stewed Onions, Omelet Station, Brussels Sprouts, Eggplant Parmesan, Country Fried Potatoes  
***Dinner-*** Creamy Sweet Potato Soup, Fried Shrimp, Baked Meatloaf with Mushroom Gravy, Quiche Lorraine, Glazed Baby Carrots, Braised Cabbage and Ham, Mac and Cheese Casserole

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**WEDNESDAY** Salad: Italian Pasta Salad Dessert: 7 Up Pound Cake  
***Lunch-*** New England Fish Chowder, Deli Sandwich Station, Deluxe Assorted Pizzas, Fried Flounder with Lemon Brown Butter, Cauliflower, Green Bean Almandine, Tater Tots  
***Dinner-*** Soup du Jour, Slow Cooked BBQ Pork Ribs, Honey and Herb Roasted Chicken, Spaghetti and Meatballs, Cider Spiced Baked Apples, Sugar Snap Peas, Herbed Rice

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**THURSDAY** Salad: Lemon Dill Potato Salad Dessert: Pumpkin Pie  
***Lunch-*** Old Fashioned Vegetable Beef Soup, Deli Sandwich Station, Chef Special, Hungarian Beef Goulash, Green Beans, Southern Greens with Hocks, Buttered Egg Noodles with Chives  
***Dinner-*** Bean Soup with Kale, Fried Oysters, Marinated and Grilled Chicken Breast, Baked Pork Chops with Country Gravy, Corn O'Brien, Braised Red Cabbage, Chive Mashed Potatoes

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**FRIDAY** Salad: Broccoli Salad Dessert: Pineapple Upside Down Cake  
***Lunch-*** Beef Noodle Soup, Deli Sandwich Station, Broiled or Fried Catfish, Turkey Dip with Gruyere and au Jus, Fried Okra, Stewed Tomatoes, Black Eye Peas  
***Dinner-*** Clam Bake Chowder, Fresh Catch, Roasted Round of Beef with Mushroom Sauce, Chicken Country Captain, Steamed Asparagus, Burgundy Mushroom, Toasted Orzo and Rice Pilaf

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**SATURDAY** Salad: Maple Apple Pecan Salad Dessert: Traditional Bread Pudding with Caramel Sauce  
***Lunch-*** Lima Bean and Bacon Soup, RWC Burger Station, Ham and Swiss Casserole, Deli Sandwich Station, Fried Okra, Stewed Tomatoes, Black Eye Peas  
***Dinner-*** Roasted Red Pepper and Fennel Soup, Steamed Salmon with Charon Sauce, Chicken Schnitzel with Caper Brown Butter, Slow Roasted Prime Rib au Jus, Spinach Soufflé, Spaghetti Squash, Caraway Roasted Potatoes

**Fresh Catch, Crazy Crab, or Chef Specials are announce on Channel 20 and by calling extension 4516 Available in the Lakeview Grille: Salad Bar, Deli Station, Assorted Desserts, Soft Serve Yogurt.**

**Baked Potatoes can be ordered one hour in advance.**

**Broiled Chicken, fish, or chopped steak is available upon special request.**

## **FALL/WINTER MENU - WEEK TWO**

**SUNDAY**      Salad: Pepper Slaw Salad      Dessert: Pecan Pie

***Lunch-*** Chicken and Sausage Gumbo, Baked Tilapia with Lemon and Capers, Roast Turkey with Cornbread Dressing, Traditional Eggs Benedict, Slow Cooked Southern Green Beans, Spiced Beets, Mashed Red Potatoes

***Dinner-*** Creamy Spinach Bisque, Fried Cod with Malt Vinegar Sauce, Deli Sandwich Station, BBQ Pulled Pork Sandwich, Spiced Beets, Green Peas, Edamame Succotash

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**MONDAY**      Salad: Minted Citrus Salad      Dessert: Cherry Cobbler a la Mode

***Lunch-*** Cream of Broccoli-Rice and Cheese Soup, Chicken, Spinach and Artichoke Bake, Deli Sandwich Station, Hot Beef and Cheese Sandwich, Turnip Greens with Ham Hocks, Carrot and Pepper Medley, Red Beans and Rice

***Dinner-*** Turkey Vegetable Noodle Soup, Bronzed Chicken with Herb Butter, Monte Cristo Sandwich, Baked Trout Almandine, Zucchini and Tomatoes, Fried Cauliflower, Scalloped Potatoes

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**TUESDAY**      Salad: Green Goddess Salad      Dessert: Molten Chocolate Cake with Sweet Whipped Cream

***Lunch-*** Italian Chili, Sub Station, Rotisserie Baked Chicken, Oyster Pie, Green Peas, Ratatouille, Hash Brown Casserole

***Dinner-*** Roasted Squash Soup, Swedish Meatballs, Greek Omelets to Order, Mussels Steamed in Beer and Garlic, Whole Green Beans, Oven Braised Red Cabbage, Sesame Scallion Rice

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**WEDNESDAY**      Salad: Pickled Beets      Dessert: Italian Cannolis

***Lunch-*** Cream of Mushroom Soup, Buffalo Burger, Deli Sandwich Station, Fried Catfish with Lemon Sauce (cold), Brussels Sprouts, Steamed Spinach, Mac and Cheese Casserole

***Dinner-*** Hearty Lentil and Sausage Soup, Carved Baked Ham, Taco Salad Supreme, Glazed Turkey Cutlets, Roasted Carrots with Cardamom Butter, Broccoli, Roasted Yukon Potatoes

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**THURSDAY**      Salad: Cheesy BLT Pasta Salad      Dessert: Sticky Toffee Pudding

***Lunch-*** Soup du Jour, Salmon Cake, Chicken Fajitas, Deli Sandwich Station, Stewed Tomatoes, Fried Squash and Onions, Buttered Corn

***Dinner-*** Minestrone, Dijon and Herb Crusted Roast Pork Loin, Chef Special, Beef Stew with Leeks and Beer, Harvard Beets, Collard Corn Bread Casserole, Sweet Potato Hash

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**FRIDAY**      Salad: Carrot Raisin Salad      Dessert: Cherry Cheese Pie

***Lunch-*** Senate Bean Soup, Cuban Panini Sandwich, Deli Sandwich Station, Crazy Crab Special, Cauliflower au Gratin, Parslied Carrots, Dijon Roasted Potatoes

***Dinner-*** Crayfish Gumbo, Slow Cooked Beef Brisket, Drunken Shrimp Casserole, Grilled Chicken with Tomato Butter, Steamed Peas and Pimentos, Broiled Tomato Half, Baked Potato

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**SATURDAY**      Salad: Macaroni Salad      Dessert: Fudgy Peanut Butter Brownie Cake

***Lunch-*** Cheeseburger Soup, Langostino Po Boy with Creole Tartar, Sausage and Kraut, Deli Sandwich Station, Fried Okra, Italian Green Beans, Hot Waffle Fries

***Dinner-*** Zuppa Toscana, Carved London Broil with Mushroom Gravy, Grilled Tuna with Herb Butter, Chicken Saltimbocca, Kale with Garlic and Bacon, Roast Acorn Squash, Orzo, Goat Cheese and Zucchini Casserole

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**Baked Potatoes can be ordered one hour in advance.**

**Broiled Chicken, fish, or chopped steak is available upon special request.**

## **FALL/WINTER MENU - WEEK THREE**

**SUNDAY** Salad: Cranberry Salad Dessert: Double Chocolate Layer Cake  
**Lunch-** Chicken Pot Pie Soup, Pancake Supper, Beef Tenderloin with Béarnaise, Shrimp Etouffee, Wax Beans and Red Pepper, Spinach Artichoke Casserole, Baked Potato  
**Dinner-** Creamy Fire Roasted Tomato Bisque, Chicken Alfredo, Deli Sandwich Station, Deluxe Grilled Cheese Sandwich, Squash Medley, Green Peas

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**MONDAY** Salad: Caprese Mozzarella Tomato Salad Dessert: Apple Cranberry Crisp  
**Lunch-** Chicken Tortilla Soup, Deli Sandwich Station, Grilled Chopped Steak with Mushroom Gravy, Turkey Taco Salad, Roasted Cauliflower, Glazed Carrots with Honey and Cumin, Country Mashed Red Potatoes  
**Dinner-** Mushroom Barley Soup, Grilled Mediterranean Chicken, Calves Liver and Onions, Flounder and Crab Picatta, Whole Green Beans, Broccoli and Winter Squash Medley, Brown Rice

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**TUESDAY** Salad: Pear Walnut Gorgonzola Port Wine Vinaigrette Dessert: German Chocolate Pie  
**Lunch-** Chicken and Corn Chowder, Beef and Cheddar Quiche, Country Pork Ribs and Kraut, Deli Sandwich Station, Steamed Broccoli, Herbed Panko Stuffed Tomatoes, Pineapple Sweet Potato Casserole  
**Dinner-** Curried Pumpkin Soup, Country Fried Steak with Gravy, Breakfast at Dinner, Vegetarian Lasagna, Brussels Sprouts, Glazed Beets, Hash Brown Cakes

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**WEDNESDAY** Salad: Creamy Coleslaw Dessert: Peach Cobbler a la Mode  
**Lunch-** Shrimp Gumbo, Deli Sandwich Station, Seasoned Slow Cooked Beef Brisket, Ham and Shrimp Jambalaya, Baby Lima Beans, Spinach, Parslied Red Potatoes  
**Dinner-** Soup du Jour, Roasted Game Hen with Poulet Sauce, Mole Pork, Bronzed Salmon, Ratatouille, Steamed Peas and Water Chestnuts, Spoon Bread

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**THURSDAY** Salad: Oriental Vegetable Ramen Salad Dessert: Pumpkin Gingerbread Trifle  
**Lunch-** Cream of Spinach Soup, Burgundy Beef Tips with Mushrooms, Deli Sandwich Station, Open Face Turkey Sandwich with Gravy, Stewed Cabbage and Ham, Buttered Carrots, Scalloped Potatoes  
**Dinner-** Cream of Chicken and Rice Soup, Spaghetti with Meat Sauce and Garlic Toast, Flounder Francaise, Smothered Baked Chicken with Mushrooms, Roasted Winter Root Vegetables, Sweet and Sour Red Cabbage, Pasta with Roasted Peppers, Spinach and Walnuts

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**FRIDAY** Salad: Fall Harvest Salad Dessert: White Chocolate Key Lime Pound Cake  
**Lunch-** Pepper Pot Soup, Chimichangas, Deli Sandwich Station, Fried Oyster Caesar Salad, Zucchini Squash, Turnip Greens, Black Bean Layered Casserole  
**Dinner-** New England Clam Chowder, Crazy Crab Special, Slow Cooked Beef Short Ribs, Stuffed Pork Loin with Gravy, Creamed Celery with Pecans, Green Beans, Jack Mashed Potatoes with Bacon

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**SATURDAY** Salad: Potato Salad Dessert: Homemade Sweet Potato Pie  
**Lunch-** Mediterranean White Bean Soup, Deli Sandwich Station, Brunswick Stew, RWC Burger Station, Sugar Snap Peas, Steamed Carrots, Fried Onion Rings  
**Dinner-** Cream of Leek with Orzo and Sherry Soup, Panéed Chicken with Crawfish Cream, Grilled Steak with Maitre d' Butter, Shrimp Veracruz, Steamed Asparagus, Corn Pudding, Parmesan Roasted Potato Wedges

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## **FALL/WINTER MENU - WEEK FOUR**

- SUNDAY**      Salad: Marinated Mushrooms      Dessert: Coconut Cake  
***Lunch-*** Seafood and Andouille Gumbo Ya Ya, Southern Fried Chicken, Flounder Bienville, Pork Tenderloin with Dijon Cream, Fresh Vegetable Medley, Steamed Broccoli, Cheesy Potato Casserole  
***Dinner-*** Ham and Potato Chowder, Franks and Beans, Fried Clam Roll with Dill Tartar Sauce, Deli Sandwich Station, Green Peas, Fried Okra, Hand Cut Oven Roasted French Fries  
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- MONDAY**      Salad: Spinach Salad      Dessert: Warm Triple Fudge Brownie Chantilly  
***Lunch-*** Chicken Noodle Soup, Baked Potato Bar with Toppings, Deli Sandwich Station, Stewed Tomatoes, Fried Zucchini Coins, Butter Beans  
***Dinner-*** Chili Con Carne, Grilled Chopped Steak with Mushroom Gravy, Seafood Newburg, Herb Roasted Chicken, Braised Swiss Chard, Mushroom Casserole, Rice  
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- TUESDAY**      Salad: Waldorf Salad      Dessert: Cinnamon Pecan Bundt Cake  
***Lunch-*** Cream of Tomato with Dill Sour Cream Soup, Deli Sandwich Station, Chicken Fajitas, Corned Beef, Stewed Cabbage, Seasoned Green Beans with Bacon, Boiled Potatoes  
***Dinner-*** Soup du Jour, Corned Beef, Cornmeal Battered Pan Fried Catfish, Vegetable Quiche, Steamed Baby Carrots, Buttered Peas and Pearl Onions, Colcannon (Mashed Potatoes and Cabbage)  
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- WEDNESDAY**      Salad: Thai Marinated Vegetable Salad      Dessert: Ice Cream Sundae Bar  
***Lunch-*** Corned Beef and Potato Soup, Deli Sandwich Station, Baked Salmon, Country Pork Chops, Stewed Zucchini, Onions and Tomatoes, Wx Beans, Roasted Sweet Potato Wedges  
***Dinner-*** Caribbean Black Bean Soup, Jerk Chicken, Slow Braised Beef, Pressed Cuban Sandwich, Steamed Kale, Beets, Rice and Beans  
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- THURSDAY**      Salad: Italian Mixed Bean Salad      Dessert: Berry Cobbler a la Mode  
***Lunch-*** Split Pea with Ham Soup, Deli Sandwich Station, Sourdough Cordon Bleu Sandwich, RWC Meatloaf with Mushroom Gravy, Steamed Asparagus, Cauliflower au Gratin, Country Hash Browns  
***Dinner-*** Vegetable Minestrone with Riouille, Scampi Style Mussels, Pennsylvania Dutch Pork Steak, Lasagna Bolognese, Cider Baked Apples, Haluski (Cabbage, Bacon and Noodles)  
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- FRIDAY**      Salad: Creamy Cucumber with Dill      Dessert: Red Velvet Cup Cakes  
***Lunch-*** Cream of Broccoli and Cheddar, Sweet and Sour Pork with Brown Rice, Fresh Catch, Deli Pastrami and Swiss with Mustard, Sugar Snap Peas with Sweet Peppers, Oriental Vegetable Blend, Brown Rice  
***Dinner-*** Manhattan Clam Chowder, Fried Shrimp, Herb Roasted Lamb, Chicken Marasala, Collard Greens, Turnips, Winter Squash and Parmesan Bread Pudding  
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- SATURDAY**      Salad: Classic Chopped Salad      Dessert: Cheese Cake with Fruit Sauce  
***Lunch-*** French Onion Soup, RWC 1/4 lb Hot Dog Station, Deli Sandwich Station, Fried Chicken Tenders, Broccoli, Roasted Yellow Squash, Baked Beans  
***Dinner-*** Old Fashioned Bean Soup, Carved Baked Ham, Baked Tilapia with Herbal Butter Sauce, Roast Turkey with Gravy, Brussels Sprouts and Cauliflower Gratin, Tri-Colored Carrots, Mashed Potato Casserole

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