

# December 2021



## Berryville & Richmond 500 Calorie Dinner

**Dinner:**

The 500 Calorie meals are planned to be as close to 500 calories as possible, however, the nutritional content will vary slightly from day to day.

**Beverages:**

All meals have 1 cup of fat free milk factored into the calorie count. If milk is not the beverage of choice, water, unsweetened tea, or other zero calorie beverages are recommended.

If you have special requests or concerns, please ask your server or see contact information below:

**Drew Landenburger, MS, CNS**  
Dietitian  
540-955-2400 ext. 7244  
[andrew.c.landenburger@grifton.org](mailto:andrew.c.landenburger@grifton.org)

**Tatiana Jordan**  
Kitchen Manager  
(804) 674-8888 ext. 5133

**Jasmine Curtis**  
Kitchen Manager  
(540) 955-2400 ext. 7210

**Lucinda Windham, RD, GM**  
[lucinda.a.windham@grifton.org](mailto:lucinda.a.windham@grifton.org)  
(540) 597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> - Savory Seasoned Pork Chop - - Baked Beans Coleslaw Warm Spiced Apples - - Choice of Milk	<b>2</b> - Pizza Casserole - - Italian Veggies Garden Salad - - Choice of Milk	<b>3</b> - Rib Patty (no bun) - - Potato Salad Corn Pineapple Sugar Free Jello - - Choice of Milk	<b>4</b> - 1/2 Grilled Cheese Sandwich - - Tomato Soup - Cali Blend Veggies Applesauce - - Choice of Milk
<b>5</b> - Baked Ziti - - Italian Veggies Garden Salad - Grapes - Choice of Milk	<b>6</b> - Cheeseburger w/ Lettuce Wrap - - Garlic Roasted Broccoli Fresh Fruit - - Choice of Milk	<b>7</b> - Ham and Cheddar Melt (1/2 Sandwich) - - Tomato Soup Applesauce - - Choice of Milk	<b>8</b> - BBQ Chicken Breast - - Garden Salad Corn - Applesauce - - Choice of Milk	<b>9</b> - Breakfast for Dinner - - Cheesy Eggs Turkey Sausage Links - Yogurt - Choice of Milk	<b>10</b> - Loaded Tater Tots - - Seasoned Ground Turkey Salsa Cheese Garden Salad Applesauce Choice of Milk	<b>11</b> - Stuffed Shells - - Italian Veggies - - Fruit Salad - Choice of Milk
<b>12</b> - Ham & Cheddar Melt (1/2 Sandwich) - - Tomato Soup Garlic Roasted Broccoli Applesauce - - Choice of Milk	<b>13</b> - Turkey Patty - - Lettuce & Tomato Succotash - Applesauce - - Choice of Milk	<b>14</b> - Chicken w/ Alfredo Sauce - - Garlic Roasted Broccoli Pears - - Choice of Milk	<b>15</b> - Hot Dog no bun - - French Fries Spinach Pickle Spear - - Choice of Milk	<b>16</b> - Meatballs - - Marinara Sauce Country Style Veggies - Fresh Fruit - - Choice of Milk	<b>17</b> - Breakfast for Dinner - - Scrambled Eggs Bacon Greek Yogurt Fruit Cocktail - - Choice of Milk	<b>18</b> - Cheeseburger on Lettuce Wrap - - Carrot Sticks - - Applesauce - Choice Of Milk
<b>19</b> - BLT Sandwich - - Chili w/ Chives - - - - Choice of Milk	<b>20</b> - Beef & Veggie Soup - - 1/2 Monte Cristo Sandwich - Garden Salad - - Choice of Milk	<b>21</b> - Quesadilla - - Corn Salsa Brown Rice - - Choice of Milk	<b>22</b> - Pizza - - Italian Veggies Garden Salad - - - Choice of Milk	<b>23</b> - Nachos - - Seasoned Ground Turkey Cheese Salsa Street Corn Salad - - Choice of Milk	<b>24</b> - Herbed Chicken Breast - - Green Beans Pears - - Choice of Milk	<b>25</b> - Baked Ham - - Scalloped Potatoes Green Beans - - - Choice of Milk
<b>26</b> - Spaghetti & Meat Sauce - - - Italian Veggies Applesauce - - Choice of Milk	<b>27</b> - Pizza Burger (no bun) Burger Patty Marinara Sauce Mozzerella Cheese Garden Salad - - Choice of Milk	<b>28</b> - Turkey Burger (no bun) - - Country Style Veggies Carrots - - Choice of Milk	<b>29</b> - Steak & Cheese Bowl - - Peppers & Onions Peas & Carrots Brown Rice - - Choice of Milk	<b>30</b> - Chicken Gumbo - - Collard Greens Applesauce - - Choice of Milk	<b>31</b> - Creamy Garlic Pesto Penne w/ Shrimp - - Garlic Roasted Broccoli Applesauce - - Choice of Milk	