

January 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:

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