

June

2022



# Winchester Dinner, 500 Calorie

## 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)

Richmond Kitchen  
(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> - Loaded Tater Tots Seasoned Ground Turkey Cheese Salsa Garden Salad Applesauce - - Choice of Milk	<b>2</b> - Salisbury Steak - Mashed Potatoes w/ Gravy Corn Fresh Fruit - - Choice of Milk	<b>3</b> - Meatballs - - Marinara Sauce Country Style Veggies - Fresh Fruit - - Choice of Milk	<b>4</b> - Hot Dog no bun - - French Fries Baked Beans Corn - - Choice of Milk
<b>5</b> - Breakfast for Dinner - Scrambled Eggs Bacon Greek Yogurt Fruit Cocktail - - Choice of Milk	<b>6</b> - Cheeseburger on Lettuce Wrap - - Carrot Sticks - - Applesauce - - Choice of Milk	<b>7</b> - Mac & Cheese - - Carrot Sticks Celery Sticks Lite Ranch - - - Choice of Milk	<b>8</b> - Nachos - - Seasoned Ground Turkey Cheese Salsa Street Corn Salad - - Choice of Milk	<b>9</b> - 1/2 Grilled Cheese Sandwich - - Tomato Soup Cali Blend Veggies Applesauce - - Choice of Milk	<b>10</b> - Pizza - - Italian Veggies Garden Salad - - - Choice of Milk	<b>11</b> - 1/2 Chicken Cheddar Wrap - - Garden Salad - - Sliced Pears - - Choice of Milk
<b>12</b> - BBQ Chicken Breast - Garden Salad - - Applesauce - - - Choice of Milk	<b>13</b> - Cheese Quesadilla - - Corn Salsa Brown Rice - - - Choice of Milk	<b>14</b> - Spaghetti & Meat Sauce - - - Italian Veggies Applesauce - - - Choice of Milk	<b>15</b> - Pizza Burger - - Burger Patty Marinara Sauce Mozzarella Cheese - Garden Salad - - Choice of Milk	<b>16</b> - Turkey Burger on Lettuce Wrap - - - Country Style Veggies Carrots - - - Choice of Milk	<b>17</b> - Steak & Cheese Bowl - - - Peppers & Onions Peas & Carrots Brown Rice - - - Choice of Milk	<b>18</b> - Chicken Gumbo - - - Collard Greens - - Applesauce - - Choice of Milk
<b>19</b> - Creamy Pesto Penne w/ Shrimp - - Garlic Roasted Broccoli Applesauce - - - Choice of Milk	<b>20</b> - Pulled Pork BBQ - - Pasta Salad Cole Slaw - - - Choice of Milk	<b>21</b> - Pizza Casserole - - - Italian Veggies Garden Salad - - - Choice of Milk	<b>22</b> - Rib Patty (no bun) - - - Corn Pineapple Cole Slaw Sugar free Jello - - Choice of Milk	<b>23</b> - Pork Chops - - - Baked Beans Green Beans Warm Spiced Apples - - - Choice of Milk	<b>24</b> - Baked Ziti - - Italian Veggies - Garden Salad - - - Choice of Milk	<b>25</b> - Cheeseburger on Lettuce Wrap - - Garlic Roasted Broccoli - Fresh Fruit - - - Choice of Milk
<b>26</b> - Roast Chicken - - - French Fries Garlic Roasted Broccoli Applesauce - - - Choice of Milk	<b>27</b> - Breakfast for Dinner - - Cheesy Eggs - Turkey Sausage Links - Yogurt - - - Choice of Milk	<b>28</b> - Stuffed Shells - - - Marinara Sauce Italian Vegetables Fruit Salad - - - Choice of Milk	<b>29</b> - Loaded Tater Tots Seasoned Ground Turkey Cheese Salsa Garden Salad Applesauce - - - Choice of Milk	<b>30</b> - Salisbury Steak - - Mashed Potatoes w/ Gravy Corn Fresh Fruit - - - Choice of Milk		