

June

2022



Metz
CULINARY MANAGEMENT

Lunch

Lunch:

Clients may choose between the main entree, a Peanut Butter and Jelly Sandwich, or a Deli Sandwich.

Alternative menus for special dietary needs are available

Fat free, 1% and Chocolate milk are available

If you have special requests or concerns please ask your server or see contact

Drew Landenburger, MS, CNS
Dietitian
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Richmond Kitchen
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Jasmine Curtis
Kitchen Manager, Berryville
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM
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540-597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 - Roast Turkey - Mashed Potatoes w/ Gravy Green Beans Roll - Fresh Fruit - Choice of Milk	2 - Jerk Chicken - Brown Rice Steamed Cabbage Potato Salad Peaches - Fresh Fruit - Choice of Milk	3 - Pork Chops - Mashed Potatoes w/Gravy Green Beans Roll Warm Spiced Apples - Choice of Milk	4 - Chicken Nuggets - Waffle Fries Peas & Carrots Buttery Noodles - Fresh Fruit - Choice of Milk
5 - Ham & Cheddar Melt - Corn Garden Salad Applesauce - - - Choice of Milk	6 - Chicken Cheesteak Sub - Peppers & Onions Onion rings Tomato & Cucumber Salad Fresh Fruit - Choice of Milk	7 - Corn Dog - Chili Cheese French Fries Fresh Fruit - Choice of Milk	8 - Carnitas Salsa Cheese Shredded Lettuce Black Beans Brown Rice Sour Cream Fresh Fruit - Choice of Milk	9 - Sloppy Joe on a roll - Carrot Sticks w/ Ranch Corn Applesauce Fruit Juice - Choice of Milk	10 - Fish Tacos - Salsa Cheese Corn Spanish Rice Cilantro Lime Cole Slaw Fresh Fruit - Choice of Milk	11 - Hot Dog - Baked Beans French Fries - Grapes Blueberry Dump Cake - Choice of Milk
12 - Chicken Patty Sandwich - French Fries Broccoli - Peaches - Choice of Milk	13 - Steak Fajitas - Brown Rice Corn Black Beans Cheese Salsa Fresh Fruit - Choice of Milk	14 - Chicken Parmesan - Noodles Broccoli - Fresh Fruit Chocolate Pudding - Choice of Milk	15 - Hot Dog - Potato Wedges Baked Beans Collard Greens - Applesauce - Choice of Milk	16 - Shepherd's Pie - Green Beans Roll - Applesauce Fresh Fruit - Choice of Milk	17 - Pork Tenderloin - Baked Sweet Potato Butter Sour Cream Whole Wheat Roll Pears - Choice of Milk	18 - General Tso's Chicken - Lo Mein Broccoli - Fresh Fruit - Choice of Milk
19 - Korean BBQ Chicken - Asian Veggies Waffle Fries Brown Rice Sliced Pears - Choice of Milk	20 - Italian Sausage Sub - Sauteed Peppers & Onions Peas Fresh Fruit - Choice of Milk	21 - Spaghetti & Meat Sauce - Orange Glazed Carrots Garlic Roasted Broccoli Applesauce - Choice of Milk	22 - Grilled Chicken BLT - Cucumber & Tomato Salad Potato Salad Peaches - Choice of Milk	23 - Chicken Caesar Wrap - Sweet Potato Fries - Fresh Fruit Fruit Cobbler - Choice of Milk	24 - Bonless BBQ Wings - Steak Fries Biscuit - Fresh Fruit - Choice of Milk	25 - Cheese Pizza - Sweet Potato Fries Garden Salad Fresh Fruit - Choice of Milk
26 - Meatball Sub - Steak Fries - Garden Salad - Mandarin Oranges - Choice of Milk	27 - BBQ Pulled Pork on a roll - Cole Slaw Corn on the Cob - Peaches - Choice of Milk	28 - Taco Salad - Black Beans & Rice Salsa Cheese - Fresh Fruit - Choice of Milk	29 - Cheeseburger - Steak Fries Corn - Fresh Fruit - Choice of Milk	30 - Chef's Salad - Penne w/ Olive Oil - Cookie Fresh Fruit - Choice of Milk		