

June

2022



Lunch, 500 Calorie

Lunch:

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 desired beverage water, unsweetened tea, or other zero calorie beverages are recommended.

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 - Roast Turkey - Mashed Potatoes w/ Gravy Green Beans Pears - Choice of Milk	2 - Jerk Chicken - Potato Salad Steamed Cabbage - Fresh Fruit - Choice of Milk	3 - Cobb Salad w/ Chicken Bacon & Egg - - - Fresh Fruit - Choice of Milk	4 - BBQ Chicken Breast - - Potato Wedges Peas & Carrots - Peaches - Choice of Milk
5 - Chef's Salad - - - - Fresh Fruit - Choice of Milk	6 - Chicken Cheesesteak Bowl - Brown Rice Peppers & Onions - Fresh Fruit - Choice of Milk	7 - Turkey Burger on Lettuce Wrap - - Collard Greens - Grapes - Choice of Milk	8 - Carnitas Salad - - Salsa Cheese Brown Rice Fresh Fruit - Choice of Milk	9 - Sauteed Beef - - Brown Rice Garden Salad - Fresh Fruit - Choice of Milk	10 - Fish Tacos - - Cilantro Lime Coleslaw Salsa Fresh Fruit - Choice of Milk	11 - Hot Dog no bun - - Succotash Carrot Sticks Grapes - Choice of Milk
12 - Balsamic Glazed Chicken Breast - - Broccoli Peaches - - Choice of Milk	13 - Steak Fajitas - Corn Black Beans Salsa - Fresh Fruit - Choice of Milk	14 - Southwest Chicken Salad - - - Fresh Fruit - Choice of Milk	15 - Hot Dog (no bun) - - Collard Greens Fresh Fruit - Choice of Milk	16 - Shepherd's Pie - - Green Beans Applesauce - - Choice of Milk	17 - Pork Tenderloin - - Baked Sweet Potato Butter - Warm Spiced Apples - Choice of Milk	18 - Honey Garlic Chicken Breast - - Cauliflower Poppers Corn Fresh Fruit - Choice of Milk
19 - Korean BBQ Chicken - - Asian Veggies Brown Rice Pears - Choice of Milk	20 - Italian Sausage (no bun) - - Peppers & Onions - Fresh Fruit - Choice of Milk	21 - Meatballs - Marinara Sauce Roast Carrots Garlic Roasted Broccoli Fresh Fruit - Choice of Milk	22 - Grilled Chicken BLT Wrap - - Cucumber & Tomato Salad Fresh Fruit - Choice of Milk	23 - Grilled Chicken Caesar Salad - - Sweet Potato Casserole - Green Beans - Choice of Milk	24 - BBQ Chicken Breast - - Broccoli Steak Fries - Fresh Fruit - Choice of Milk	25 - Cheese Pizza - - Garden Salad - Fresh Fruit - Choice of Milk
26 - Meatballs - - Marinara Sauce Fresh Fruit - - - Choice of Milk	27 - BBQ Pulled Pork (no Bun) - - - Cole Slaw Corn on the Cob Fresh Fruit - Choice of Milk	28 - Taco Salad - - Black Beans & Rice - Grapes - Choice of Milk	29 - Cheeseburger on lettuce wrap - - - Corn - Fresh Fruit - Choice of Milk	30 - Chef's Salad - - - - Fresh Fruit - - Choice of Milk		