

May

2022



Winchester Breakfast, 500 Calorie

500 Calorie Meals

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, non-sweetened 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 - French Toast - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	2 - Sausage Stuffed Pancake Dippers - Sugar Free Syrup - Fresh Fruit - Choice of Milk	3 - French Toast Minis - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	4 - Waffles - Butter & Sugar Free Syrup Greek Yogurt Grapes - Choice of Milk	5 - Pancakes - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	6 - Scrambled Eggs - Turkey Sausage Patty - Fresh Fruit - Choice of Milk	7 - Bacon - Cheesy Eggs - Fresh Fruit - Choice of Milk
8 - Sausage Patty - Toast Butter Jelly - Grapes - Choice of Milk	9 - Canadian Bacon - Bagel Cream Cheese - Fresh Fruit - Choice of Milk	10 - French Toast - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	11 - Biscuits & Sausage Gravy - Mixed Fruit - Choice of Milk	12 - Cheesy Eggs - Toast Fresh Fruit - Choice of Milk	13 - Cinnamon Swirl French Toast - Sugar Free Syrup & - Turkey Sausage Links - Choice of Milk	14 - Sausage Stuffed Pancake Dippers - Sugar Free Syrup Yogurt - Grapes - Choice of Milk
15 - Western Omelette w/Cheese - Herbed Potatoes - Fresh Fruit - Choice of Milk	16 - English Muffin w/ Egg & Cheese - Turkey Bacon - Fresh Fruit - Choice of Milk	17 - Cereal - Greek Yogurt - Fruit Cocktail - Choice of Milk	18 - Breakfast Casserole - Yogurt - Fresh Fruit - Choice of Milk	19 - French Toast Sticks - Sugar Free Syrup - Fresh Fruit - Choice of Milk	20 - Pancakes - Bacon Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	21 - English Muffin w/ Sausage - Greek Yogurt - Grapes - Choice of Milk
22 - Waffles - Butter Sugar Free Syrup Greek Yogurt - Grapes Choice of Milk	23 - Ham & Egg Scramble - Herbed Potatoes - Fresh Fruit - Choice of Milk	24 - Pancakes - Creamed Chipped Beef - Fresh Fruit - Choice of Milk	25 - Scrambled Eggs - Toast Butter Grapes - Choice of Milk	26 - Pancakes - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	27 - Waffles - Strawberry Topping Butter - Fresh Fruit - Choice of Milk	28 - Breakfast Casserole - Toast Jelly - Fresh Fruit - Choice of Milk
29 - French Toast - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	30 - Sausage Stuffed Pancake Dippers - Sugar Free Syrup - Fresh Fruit - Choice of Milk	31 - Cheesy Eggs - Bacon - Fresh Fruit - Choice of Milk				