

May

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:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 - BBQ Chicken Breast - Garden Salad - Applesauce - Choice of Milk	2 - Breakfast for Dinner - Cheesy Eggs - Turkey Sausage Links - Yogurt - Choice of Milk	3 - Herbed Chicken Breast - Green Beans - Sliced Pears - Choice of Milk	4 - Turkey Patty - Lettuce & Tomato - Succotash - Applesauce - Choice of Milk	5 - Chicken w/ Alfredo Sauce - - - Steamed Broccoli - Pears - Choice of Milk	6 - Meatballs - - - Marinara Sauce - Country Style Veggies - Fresh Fruit - Choice of Milk	7 - Hot Dog no bun - - - French Fries - Baked Beans - Corn - Choice of Milk
8 - Breakfast for Dinner - Scrambled Eggs - Bacon - Greek Yogurt - Fruit Cocktail - Choice of Milk	9 - Cheeseburger on Lettuce Wrap - - Carrot Sticks - - Applesauce - Choice of Milk	10 - Mac & Cheese - - Carrot Sticks - Celery Sticks - Lite Ranch - - Choice of Milk	11 - Nachos - - Seasoned Ground Turkey - Cheese - Salsa - Street Corn Salad - Choice of Milk	12 - 1/2 Grilled Cheese Sandwich - - - Tomato Soup - Cali Blend Veggies - Applesauce - Choice of Milk	13 - Pizza - - - Italian Veggies - Garden Salad - - - Choice of Milk	14 - 1/2 Chicken Cheddar Wrap - - - Garden Salad - - - Sliced Pears - Choice of Milk
15 - BBQ Chicken Breast - Garden Salad - - Applesauce - - Choice of Milk	16 - Cheese Quesadilla - - - Corn - Salsa - Brown Rice - - Choice of Milk	17 - Spaghetti & Meat Sauce - - - Italian Veggies - Applesauce - - - Choice of Milk	18 - Pizza Burger - - Burger Patty - Marinara Sauce - Mozzarella Cheese - Garden Salad - - Choice of Milk	19 - Turkey Burger on Lettuce Wrap - - - Country Style Veggies - Carrots - - - Choice of Milk	20 - Steak & Cheese Bowl - - - Peppers & Onions - Peas & Carrots - Brown Rice - - Choice of Milk	21 - Chicken Gumbo - - - Collard Greens - - - Applesauce - - Choice of Milk
22 - Creamy Pesto Penne w/ Shrimp - - - Garlic Roasted Broccoli - Applesauce - - Choice of Milk	23 - Pulled Pork BBQ - - - Pasta Salad - Cole Slaw - - - Choice of Milk	24 - Pizza Casserole - - - Italian Veggies - Garden Salad - - - Choice of Milk	25 - Rib Patty (no bun) - - - Corn - Pineapple - Cole Slaw - Sugar free Jello - Choice of Milk	26 - Pork Chops - - - Baked Beans - Green Beans - Warm Spiced Apples - - Choice of Milk	27 - Baked Ziti - - - Italian Veggies - Garden Salad - - - Choice of Milk	28 - Cheeseburger on Lettuce Wrap - - - Garlic Roasted Broccoli - - - Fresh Fruit - - Choice of Milk
29 - Roast Chicken - - - French Fries - Garlic Roasted Broccoli - Applesauce - - Choice of Milk	30 - Breakfast for Dinner - - Cheesy Eggs - - Turkey Sausage Links - Yogurt - - Choice of Milk	31 - Stuffed Shells - - - Marinara Sauce - Italian Vegetables - Fruit Salad - - Choice of Milk				