

July

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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Richmond Kitchen
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Table with 7 columns (Sunday to Saturday) and 5 rows of meal options (1-30). Each cell contains a meal name and its components, such as 'Scrambled Eggs', 'Turkey Sausage Patty', 'Fresh Fruit', and 'Choice of Milk'.