

July

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:

Drew Landenburger, MS, CNS
Dietitian
540-955-2400 ext. 7244
andrew.c.landenburger@grifton.org

Richmond Kitchen
(804) 674-8888 ext. 5133

Jasmine Curtis
Kitchen Manager
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM
lucinda.a.windham@grifton.org
(540) 597-6336

Table with 7 columns (Sunday to Saturday) and 6 rows of meal options. Each cell contains a meal name and its components, such as 'Meatballs', 'Marinara Sauce', 'Country Style Veggies', etc.