

August

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

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, Berryville
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 4 rows of meal options. Each cell contains a day number and a list of breakfast items such as 'Cheesy Eggs', 'Cinnamon Swirl French Toast', 'Biscuits & Sausage Gravy', etc.