

August

2022



Berryville & Richmond 500 Calorie Dinner

**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
	<b>1</b> Nachos Seasoned Ground Turkey Cheese Salsa Street Corn Salad Choice of Milk	<b>2</b> Chicken Enchilada Casserole Applesauce Choice of Milk	<b>3</b> Cheese Pizza Italian Veggies Garden Salad Choice of Milk	<b>4</b> Crispy Smokehouse Chicken Wrap Garden Salad Pears Choice of Milk	<b>5</b> BBQ Chicken Breast Garden Salad Watermelon Choice of Milk	<b>6</b> Buffalo Chicken Quesadilla Corn Salsa Brown Rice Choice of Milk
<b>7</b> Spaghetti & Meat Sauce Italian Veggies Applesauce Choice of Milk	<b>8</b> Pizza Burger Burger Patty Marinara Sauce Mozzarella Cheese Garden Salad Choice of Milk	<b>9</b> Turkey Burger on Lettuce Wrap Collard Greens Grapes Choice of Milk	<b>10</b> Rib Patty no bun Marinated Veggie Medley Coleslaw Pineapple Jello Choice of Milk	<b>11</b> Chicken Gumbo Collard Greens Watermelon Choice of Milk	<b>12</b> Creamy Pesto Penne w/ Shrimp Garlic Roasted Broccoli Applesauce Choice of Milk	<b>13</b> Pulled Pork BBQ Creamy Macaroni Salad Sauteed Summer Squash Choice of Milk
<b>14</b> Pizza Casserole Italian Veggies Garden Salad Watermelon Choice of Milk	<b>15</b> Steak & Cheese Bowl Peppers & Onions Brown Rice Peas & Carrots Choice of Milk	<b>16</b> Pork Chops Baked Beans Green Beans Sliced Pears Choice of Milk	<b>17</b> Baked Ziti Italian Veggies Broccoli w/ Toasted Garlic Crumbs Choice of Milk	<b>18</b> Cheeseburger on Lettuce Wrap Garlic Roasted Broccoli Fresh Fruit Choice of Milk	<b>19</b> Rosemary Roast Chicken Lemony Green Beans & Peas French Fries Applesauce Choice of Milk	<b>20</b> Breakfast for Dinner Cheesy Eggs Turkey Sausage Links Yogurt Choice of Milk
<b>21</b> Stuffed Shells Marinara Sauce Italian Vegetables Fruit Salad Choice of Milk	<b>22</b> Chicken w/ Alfredo Sauce Broccoli Sliced Pears Choice of Milk	<b>23</b> Salisbury Steak Mashed Potatoes w/ Gravy Corn Fresh Fruit Choice of Milk	<b>24</b> Turkey Burger on lettuce wrap Tomato Slice Succotash Applesauce Choice of Milk	<b>25</b> Loaded Tater Tots Seasoned Ground Turkey Cheese Salsa Garden Salad Applesauce Choice of Milk	<b>26</b> Meatballs Marinara Sauce Country Style Veggies Fresh Fruit Choice of Milk	<b>27</b> Cheesy Tortilla Hot Dog Corn on the Cob Choice of Milk
<b>28</b> Breakfast for Dinner Scrambled Eggs Bacon Greek Yogurt Fruit Cocktail Choice of Milk	<b>29</b> Chicken Cheesesteak Bowl Brown Rice Onions & Peppers Fresh Fruit Choice of Milk	<b>30</b> Mac & Cheese Carrot & Celery Sticks Ranch Choice of Milk	<b>31</b> Salmon Fillet Sauteed Green Beans Wild Rice Corn Choice of Milk			