

August

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@grafton.org

Richmond Kitchen
(804) 674-8888 ext. 5133

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

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

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