

August

2022



Lunch, 500 Calorie

Lunch:
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, unsweetened tea, or other zero calorie beverages are recommended.

If you have special requests or concerns, please ask your server or see contact

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cheesy Bunless Southwest Hot Dog - Cheese Sauce Diced Onions Cajita Peppers Tater Tots Fresh Fruit Choice of Milk	2 - Turkey Burger on Lettuce Wrap - Tomato Slices Carrots Country Style Veggies - Choice of Milk	3 - French Dip - - Broccoli - Fresh Fruit - Choice of Milk	4 - Sauteed Beef & Rice - - Garden Salad - - Choice of Milk	5 - Tuna Salad Scoop - - Carrot & Celery Sticks w/ Ranch Fresh Fruit - Choice of Milk	6 - Italian Sausage no bun - Peppers & Onions - Fresh Fruit - Choice of Milk
7 Balsamic Glazed Chicken Breast - - Broccoli Peaches - - Choice of Milk	8 Beef & Broccoli Stir Fry - - Fresh Fruit - - Choice of Milk	9 Southwest Chicken Salad - - - Fresh Fruit - - Choice of Milk	10 Chicken Pesto Penne Casserole - - - Cali Blend Veggies - - Choice of Milk	11 Korean Beef & Rice Bowl - - Green Beans - - Applesauce Choice of Milk	12 Ruben - - Potato Salad - - Choice of Milk	13 Honey Garlic Chicken Breast - - - Broccoli Corn Fresh Fruit Choice of Milk
14 Chicken Salad Scoop - - Carrot Sticks Ranch - Sliced Pears - Choice of Milk	15 Hot Dog (no bun) - - Collard Greens - Sliced Pears - Choice of Milk	16 Meatballs - - Marinara Sauce Italian Veggies - - Fresh Fruit - Choice of Milk	17 Grilled Chicken BLT Wrap - - Cucumber & Tomato Salad Fresh Fruit - - Choice of Milk	18 Grilled Chicken Caesar Salad - - - - Fresh Fruit - Choice of Milk	19 BBQ Chicken Breast - - Broccoli Steak Fries - Fresh Fruit - Choice of Milk	20 Cheese Pizza - - Garden Salad - Fresh Fruit - Choice of Milk
21 Meatballs - - Marinara Sauce Fresh Fruit - - Choice of Milk	22 BBQ Pulled Pork (no Bun) - - Potato Salad Corn on the Cob Fresh Fruit - Choice of Milk	23 Shrimp Tacos - - Cole Slaw Rice - Fresh Fruit - Choice of Milk	24 Cheeseburger on lettuce wrap - - - Corn - Fresh Fruit - Choice of Milk	25 Chef's Salad - - - - Fresh Fruit - Choice of Milk	26 Roast Turkey - - Mashed Potatoes w/ Gravy Green Beans Pears - Choice of Milk	27 Jerk Chicken - - Potato Salad Cabbage - Fresh Fruit - Choice of Milk
28 Gyro Salad - - - Steak Fries - - Choice of Milk	29 BBQ Chicken Breast - - Potato Wedges Peas - Fresh Fruit - Choice of Milk	30 Cuban Sandwich - - Hawaiian Salad - - - Choice of Milk	31 Taco Salad - - - Black Beans & Rice - Grapes - Choice of Milk			

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