

September 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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Lucinda Windham, RD, GM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 - Crispy Smokehouse Chicken Wrap - - Garden Salad - Pears - - Choice of Milk	2 - Breakfast for Dinner - Scrambled Eggs Turkey Sausage Links - Fruit Salad - - Choice of Milk	3 - Buffalo Chicken Quesadilla - Corn - Salsa Brown Rice - - Choice of Milk
4 - Spaghetti & Meat Sauce - - Italian Veggies Applesauce - - Choice of Milk	5 - Pizza Burger - Burger Patty Marinara Sauce Mozzarella Cheese - Garden Salad - - Choice of Milk	6 - Turkey Burger on Lettuce Wrap - - Collard Greens Grapes - - Choice of Milk	7 - Rib Patty no bun Marinated Veggie Medley Coleslaw Pineapple Sugar Free Jello - - Choice of Milk	8 - Chicken Gumbo - - Collard Greens - - Warm Spiced Apples - - Choice of Milk	9 - Creamy Pesto Penne w/ Shrimp - - Garlic Roasted Broccoli Applesauce - - Choice of Milk	10 - Pulled Pork BBQ - - Creamy Macaroni Salad Sauteed Summer Squash - - Choice of Milk
11 - Pizza Casserole - - Italian Veggies Garden Salad Pineapple - - Choice of Milk	12 - Steak & Cheese Bowl - - Peppers & Onions Brown Rice Peas & Carrots - - Choice of Milk	13 - Brown Sugar Glazed Ham - - Mashed Sweet Potatoes Green Beans Sliced Pears - - Choice of Milk	14 - Baked Ziti - Italian Veggies - Broccoli w/ Toasted Garlic Crumbs - - - Choice of Milk	15 - Cheeseburger on Lettuce Wrap - - Garlic Roasted Broccoli - Fresh Fruit - - Choice of Milk	16 - Rosemary Roast Chicken - - Lemony Green Beans & Peas Corn Applesauce - - Choice of Milk	17 - Breakfast for Dinner - Cheesy Eggs - Turkey Sausage Links - Yogurt - - Choice Of Milk
18 - Stuffed Shells - - Marinara Sauce Italian Vegetables Fruit Salad - - Choice of Milk	19 - Chicken w/ Alfredo Sauce - - Broccoli - Sliced Pears - - Choice of Milk	20 - Salisbury Steak - Mashed Potatoes w/ Gravy Corn Fresh Fruit - - Choice of Milk	21 - Turkey Burger on lettuce wrap - - Tomato Slice - Succotash - Applesauce - Choice of Milk	22 - Mashed Potato Bar - - Gravy Diced Chicken Shredded Cheese Bacon Bits Chives Garden Salad Choice of Milk	23 - Meatballs - - Marinara Sauce Country Style Veggies Fresh Fruit - - Choice of Milk	24 - Cheesy Tortilla Hot Dog - - - Corn on the Cob - - - Choice of Milk
25 - BBQ Chicken Breast - - Garden Salad Cantaloupe - - Choice of Milk	26 - Chicken Cheesesteak Bowl - - Brown Rice Onions & Peppers - Fresh Fruit Choice of Milk	27 - Loaded Pizza Fries Steak Fries Pizza Sauce Mozzarella Pepperoni Sausage Garden Salad Choice of Milk	28 - Salmon Fillet - - Sauteed Green Beans Wild Rice Corn - - Choice of Milk	29 - Chicken Enchilada Casserole - - - Applesauce - - Choice of Milk	30 - Cheesteak Pizza - - - Italian Veggies Garden Salad - - Choice of Milk	