

September 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:

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

USDA is an equal opportunity provider and employer. Menu items are subject to change without notice.