

September 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

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