

November 2022



Winchester Breakfast, 500 Calorie

500 Calorie Meals

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, non-sweetened tea, or other zero calorie beverages are recommended.

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - Western Omelette w/ cheese - Roast Potatoes - Fresh Fruit - Choice of Milk	2 - Pumpkin Mousse & Greek Yogurt Parfait - Granola - Grapes - Choice of Milk	3 - French Toast Sticks - Sugar Free Syrup - Fresh Fruit - Choice of Milk	4 - Scrambled Eggs - Bacon - Roast Potatoes - Fresh Fruit - Choice of Milk	5 - Sausage & Egg Pancake Sandwich - - - Grapes - Choice of Milk
6 - Waffles - Butter - Sugar Free Syrup - Greek Yogurt - Grapes - Choice of Milk	7 - Cereal - Greek Yogurt - - - Fruit Cocktail - Choice of Milk	8 - Cheesy Eggs - Toast - - - Fresh Fruit - Choice of Milk	9 - Creamed Chipped Beef - Toast - - Grapes - Choice of Milk	10 - Pancakes - - - Sugar Free Syrup - Butter - Fresh Fruit - Choice of Milk	11 - Sausage Stuffed Pancake Dippers - - - Sugar Free Syrup - - Fresh Fruit - Choice of Milk	12 - Bagel Breakfast Pizza - - - Fresh Fruit - Choice of Milk
13 - Banana Oat Baked French Toast - - Sugar Free Syrup - - - Fresh Fruit - Choice of Milk	14 - Mini Maple Waffles - - Sugar Free Syrup - Yogurt - - Fresh Fruit - Choice of Milk	15 - Cheesy Eggs - - Bacon - - - Fresh Fruit - Choice of Milk	16 - Pancakes - - Syrup - - Greek Yogurt - Grapes - Choice of Milk	17 - - Ham, Egg, & Cheese Scramble - - - - - Peaches - Choice of Milk	18 - Waffles - - - Butter - Sugar Free Syrup - Greek Yogurt - Grapes - Choice of Milk	19 - Cinamon Roll (no icing) - - Turkey Sausage Links - - Fresh Fruit - Choice of Milk
20 - Scrambled Eggs - - Turkey Sausage Patty - - Fresh Fruit - - Choice of Milk	21 - Cheesy Eggs - - Bacon - - Fresh Fruit - - Choice of Milk	22 - Turkey Sausage Patty - - Toast w/ Butter & Jelly - - Grapes - Choice of Milk	23 - Ham and Egg on Biscuit - - - - Fresh Fruit - - Choice of Milk	24 - Ham and Cheese Breakfast Casserole - - Toast - - Fresh Fruit - - Choice of Milk	25 - Cinnamon Swirl French Toast - - Sugar Free Syrup - Turkey Sausage Links - - Fresh Fruit - Choice of Milk	26 - Biscuit & Sausage Gravy - - - - - Fresh Fruit - Choice of Milk
27 - Baked Chocolate Chip Pancake - - Sugar Free Syrup - - Fresh Fruit - - Choice of Milk	28 - Cheesy Eggs - - Toast w/ Jelly - - Fresh Fruit - - Choice of Milk	29 - Western Omelette w/ cheese - - Roast Potatoes - - Fresh Fruit - - Choice of Milk	30 - Pumpkin Mousse & Greek Yogurt Parfait - - Granola - Grapes - - Choice of Milk			