

November 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 - Scrambled Eggs - Turkey Sausage Links - Fruit Salad - Choice of Milk	2 - Hot Dog (no bun) - Tater Tots - Applesauce - Choice of Milk	3 - Turkey Burger on Lettuce Wrap - Collard Greens - Grapes - Choice of Milk	4 - Rib Patty no bun - Marinated Veggie - Medley Coleslaw - Peaches - Sugar Free Jello - Choice of Milk	5 - Chicken Gumbo - Collard Greens - Warm Spiced Apples - Choice of Milk
6 - Creamy Pesto Penne w/ Shrimp - Garlic Roasted Broccoli - Applesauce - Choice of Milk	7 - Pulled Chicken BBQ - Creamy Macaroni Salad - Sauteed Summer Squash - Choice of Milk	8 - Pizza Casserole - Italian Veggies - Garden Salad - Pineapple - Choice of Milk	9 - Salisbury Steak - Mashed Potatoes - Gravy - Corn - Fresh Fruit - Choice of Milk	10 - Brown Sugar Glazed Ham - Mashed Sweet Potatoes - Green Beans - Sliced Pears - Choice of Milk	11 - Walking Taco - Chips - Seasoned Ground Beef - Shredded Lettuce - Diced Tomatoes - Shredded Cheese - Salsa - Applesauce - Choice of Milk	12 - Cheeseburger on Lettuce Wrap - Garlic Roasted Broccoli - Fresh Fruit - Choice of Milk
13 - Rosemary Roast Chicken - Lemony Green Beans & Peas - Corn - Applesauce - Choice of Milk	14 - Breakfast for Dinner - Cheesy Eggs - Turkey Sausage Links - Yogurt - Choice of Milk	15 - Stuffed Shells - Marinara Sauce - Italian Vegetables - Fruit Salad - Choice of Milk	16 - Chicken w/ Alfredo Sauce - Broccoli - Sliced Pears - Choice of Milk	17 - Salmon Fillet - Garden Salad - Fresh Fruit - Choice of Milk	18 - Turkey Burger on lettuce wrap - Tomato Slice - Succotash - Applesauce - Choice of Milk	19 - Mashed Potato Bar - Gravy - Diced Chicken - Shredded Cheese - Bacon Bits - Chives - Garden Salad - Choice of Milk
20 - Meatballs - Marinara Sauce - Country Style Veggies - Fresh Fruit - Choice of Milk	21 - Cheesy Tortilla Hot Dog - Corn on the Cob - Choice of Milk	22 - BBQ Chicken Breast - Garden Salad - Peaches - Choice of Milk	23 - Chicken Cheesesteak Bowl - Brown Rice - Onions & Peppers - Fresh Fruit - Choice of Milk	24 - Loaded Pizza Fries - Steak Fries - Pizza Sauce - Mozzerella - Pepperoni - Sausage - Garden Salad - Choice of Milk	25 - Salmon Fillet - Sauteed Green Beans - Brown Rice - Choice of Milk	26 - Hot Ham & Cheese on Pretzel Roll - Potato Salad - Pineapple - Choice of Milk
27 - Steak and Cheese Pizza - Italian Veggies - Garden Salad - Choice of Milk	28 - Crispy Smokehouse Chicken Wrap - Garden Salad - Pears - Choice of Milk	29 - Scrambled Eggs - Turkey Sausage Links - Fruit Salad - Choice of Milk	30 - Hot Dog (no bun) - Tater Tots - Applesauce - Choice of Milk			