

November 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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - Chicken Tacos w/ Cheese - Green Beans Pears - Choice of Milk	2 - Chicken Pesto Penne Casserole - Cali Blend Veggies - Choice of Milk	3 - Korean Beef & Rice Bowl - Green Beans - Applesauce - Choice of Milk	4 - Grilled Cheese Sandwich - Tomato Soup - Choice of Milk	5 - Jerk Chicken - Brown Rice Steamed Cabbage - Fresh Fruit - Choice of Milk
6 - Chicken Salad Scoop - Carrot Sticks Ranch - Sliced Pears - Choice of Milk	7 - Hot Dog (no bun) - Collard Greens - Sliced Pears - Choice of Milk	8 - Steak & Cheese Bowl - Peppers & Onions Brown Rice Peas & Carrots - Choice of Milk	9 - Grilled Chicken BLT Wrap - Cucumber & Tomato Salad Fresh Fruit - Choice of Milk	10 - Grilled Chicken Caesar Salad - - - Fresh Fruit - Choice of Milk	11 - BBQ Chicken Breast - Broccoli Steak Fries - Fresh Fruit - Choice of Milk	12 - Pepperoni Pizza - Garden Salad - Fresh Fruit - Choice of Milk
13 - Meatballs - Marinara Sauce Fresh Fruit - Choice of Milk	14 - Turkey Burger on Lettuce Wrap - Tomato Slices Carrots Country Style Veggies - Choice of Milk	15 - Southwest Salad w/ Grilled Chicken - - - Fresh Fruit - Choice of Milk	16 - Cheeseburger on lettuce wrap - - Corn - Fresh Fruit - Choice of Milk	17 - BBQ Pork Platter (no bun) - Green Beans Baked Beans - Peaches - Choice of Milk	18 - Roast Chicken Breast w/ Gravy - - Corn Steak Fries Fresh Fruit - Choice of Milk	19 - Honey Garlic Chicken - Broccoli Corn - Fresh Fruit - Choice of Milk
20 - Gyro Salad - - Steak Fries - Choice of Milk	21 - BBQ Chicken Breast - Potato Wedges Peas - Fresh Fruit - Choice of Milk	22 - Cuban Sandwich - Hawaiian Salad - - - Choice of Milk	23 - Taco Salad - - Black Beans & Rice - Grapes - Choice of Milk	24 - Roast Turkey - Stuffing Mashed Potatoes Green Beans Cranberry Sauce Gravy Sweet Potato Pie Choice of Milk	25 - French Dip - - Broccoli - Fresh Fruit - Choice of Milk	26 - Sautted Beef & Rice - - Garden Salad - Choice of Milk
27 - Tuna Salad Scoop - Carrot & Celery Sticks w/ Ranch Fresh Fruit - Choice of Milk	28 - BBQ Chicken Burrito Bowl - Rice Beans Corn Scallions - Choice of Milk	29 - Italian Sausage (no bun) - Peppers & Onions - - Fresh Fruit - Choice of Milk	30 - Grilled Chicken Breast w/ Balsamic Glaze - - Broccoli - Peaches - Choice of Milk			