

December 2022



Berryville & Richmond 500 Calorie Dinner

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 - Chicken Gumbo - Collard Greens - Warm Spiced Apples - Choice of Milk	2 - Creamy Pesto Penne - - Garlic Roasted Broccoli Applesauce - Choice of Milk	3 - Pulled Chicken BBQ - - Creamy Macaroni Salad Sauteed Summer Squash - Choice of Milk
4 - Pizza Casserole - - Italian Veggies Garden Salad Pineapple - Choice of Milk	5 - Cheesy Tortilla Hotdog - - Corn on the Cob - Choice of Milk	6 - Stuffed Shells w/ Marinara Sauce - - Italian Veggies Fruit Salad - Choice of Milk	7 - Walking Taco Chips Seasoned Ground Beef Shredded Lettuce Diced Tomatoes Shredded Cheese Salsa Applesauce Choice of Milk	8 - Cheeseburger on Lettuce Wrap - - Garlic Roasted Broccoli - Fresh Fruit - Choice of Milk	9 - Meatballs - - Marinara Sauce Country Style Veggies Fresh Fruit - Choice of Milk	10 - Breakfast for Dinner - - Cheesy Eggs - Turkey Sausage Links - Yogurt - Choice of Milk
11 - Grilled Chicken Breast w/ Balsamic Glaze - - Green Beans Fruit Cocktail Garden Salad - - Choice of Milk	12 - Chicken w/ Alfredo Sauce - - Broccoli - Sliced Pears - - Choice of Milk	13 - Salmon Fillet - - Garden Salad - Fresh Fruit - - Choice of Milk	14 - Turkey Burger on lettuce wrap - - Tomato Slice - Succotash - Applesauce - Choice of Milk	15 - BBQ Chicken Breast - - Potato Wedges Peas - Fresh Fruit - Choice of Milk	16 - Rosemary Roast Chicken Breast - - Lemony Green Beans & Peas Corn Applesauce - Choice of Milk	17 - Salisbury Steak - - Mashed Potatoes Gravy - Corn Fresh Fruit - Choice Of Milk
18 - BBQ Chicken Breast - - Garden Salad Peaches - - Choice of Milk	19 - 1/2 Sloppy Joe - - Orange Glazed Carrots Green Beans Fresh Fruit Sliced Pears - Choice of Milk	20 - Loaded Pizza Fries - - Steak Fries Pizza Sauce Mozzerella Pepperoni Sausage - Garden Salad Choice of Milk	21 - Salmon Fillet - - Sauteed Green Beans - Brown Rice - Corn - Choice of Milk	22 - Hot Ham & Cheese (1/2 sandwich) - - - Potato Salad - Pineapple - Choice of Milk	23 - Steak and Cheese Pizza - - - Italian Veggies - Garden Salad - Choice of Milk	24 - Crispy Smokehouse Chicken Wrap - - - Garden Salad - Pears - Choice of Milk
25 - Turkey Club Sandwich - - - Potato chips Dill Pickle Spear - Fruit Salad Choice of Milk	26 - Hot Dog (no bun) - - - Tater Tots - Applesauce Choice of Milk	27 - Buffalo Chicken Quesadilla - - - Corn Salsa Brown Rice - Choice of Milk	28 - Spaghetti & Meat Sauce - - - Italian Veggies - Applesauce - Choice of Milk	29 - Turkey Burger on lettuce wrap - - - Collard Greens - - Grapes Choice of Milk	30 - Rib Patty (no bun) - - - Marinated Veggie Medley Cole Slaw Peaches Choice of Milk	31 - Breakfast for Dinner - - - Scrambled Eggs Turkey Sausage Links Fruit Salad Choice of Milk