

December 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:

Drew Landenburger, MS, CNS
Dietitian
540-955-2400 ext. 7244
andrew.c.landenburger@grifton.org

Craig Spoor
Kitchen Manager, Richmond
(804) 674-8888 ext. 5133

Jasmine Curtis
Kitchen Manager
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM
lucinda.a.windham@grifton.org
(540) 597-6336

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