

December 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

**Drew Landenburger, MS, CNS**  
Dietitian  
540-955-2400 ext. 7244  
[andrew.c.landenburger@grifton.org](mailto: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](mailto:lucinda.a.windham@grifton.org)  
(540) 597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 - Korean Beef & Rice Bowl - Green Beans - Applesauce - Choice of Milk	2 - Lasagna - Broccoli - Applesauce - Choice of Milk	3 - Jerk Chicken - Brown Rice Steamed Cabbage - Fresh Fruit - Choice of Milk
4 - Chicken Salad Scoop - Carrot Sticks Ranch - Sliced Pears - Choice of Milk	5 - Turkey Burger on lettuce wrap - Country Style Veggies Carrots - Choice of Milk	6 - Steak & Cheese Bowl - Peppers & Onions Brown Rice Peas & Carrots - Choice of Milk	7 - Grilled Chicken BLT Wrap - Cucumber & Tomato Salad Fresh Fruit - Choice of Milk	8 - Grilled Chicken Caesar Salad - - - Fresh Fruit - Choice of Milk	9 - BBQ Chicken Breast - Peas - - Fresh Fruit - Choice of Milk	10 - Pepperoni Pizza - Garden Salad - Fresh Fruit - Choice of Milk
11 - Meatballs - Marinara Sauce Fresh Fruit - - Choice of Milk	12 - Hot Dog (no bun) - Baked Beans - Applesauce - Choice of Milk	13 - Southwest Salad w/ Grilled Chicken - - - Fresh Fruit - Choice of Milk	14 - Cheeseburger on lettuce wrap - - Corn - Fresh Fruit - Choice of Milk	15 - BBQ Pork Platter (no bun) - Green Beans Baked Beans - Peaches - Choice of Milk	16 - Roast Chicken Breast w/ Gravy - - Corn Southern Collards Peaches - Choice of Milk	17 - Honey Garlic Chicken - Broccoli Corn - Fresh Fruit - Choice of Milk
18 - Gyro Salad - - Latkes w/ Applesauce - - Choice of Milk	19 - Chili w/ all the Fixins' - Shredded Cheese Sour Cream Chives Fresh Fruit - Choice of Milk	20 - Rosemary Roast Chicken Breast - Cheesy Cauliflower Penne w/ Olive Oil - Fresh Fruit - Choice of Milk	21 - Taco Salad - - Black Beans & Rice - Grapes - Choice of Milk	22 - Grilled Cheese Sandwich - - Tomato Soup - - Choice of Milk	23 - French Dip - - Broccoli - Fresh Fruit - Choice of Milk	24 - Sautted Beef & Rice - - Garden Salad - Choice of Milk
25 - Glazed Ham - Green Bean Casserole Corn - Fresh Fruit - Choice of Milk	26 - BBQ Chicken Burrito Bowl - Rice Beans Corn Scallions - Choice of Milk	27 - Italian Sausage (no bun) - Peppers & Onions - - Fresh Fruit - Choice of Milk	28 - Grilled Chicken Breast w/ Balsamic Glaze - - Broccoli - Peaches - Choice of Milk	29 - Chicken Tacos w/ Cheese - - Green Beans Pears - Choice of Milk	30 - Chicken Pesto Penne Casserole - - - Cali Blend Veggies - Choice of Milk	31 - Tuna Salad Scoop - Carrot & Celery Ranch Fresh Fruit - Choice of Milk