

March

2023



Winchester Breakfast, 500 Calorie

500 Calorie Meals

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, non-sweetened 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

Craig Spoor
Richmond Kitchen
804-674-8888 ext 5133

James DeGaetano
Kitchen Manager, Berryville
540-955-2400 ext. 7210

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

Table with 7 columns (Sunday-Saturday) and 5 rows of meal options. Each cell contains a meal number and a list of ingredients. Some cells are empty.