

March

2023



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:

Drew Landenburger, MS, CNS
Dietitian
540-955-2400 ext. 7244
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Craig Spoor
Kitchen Manager, Richmond
(804) 674-8888 ext. 5133

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

Lucinda Windham, RD, GM
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(540) 597-6336

Table with 7 columns (Sunday to Saturday) and 4 rows of meal options. Each cell contains a meal number and a list of ingredients. For example, Sunday 1 is 'Walking Taco Chips' with 'Seasoned Ground Beef', 'Shredded Lettuce', 'Diced Tomatoes', 'Shredded Cheese', 'Salsa', and 'Applesauce'.