

March

2023



Lunch

Lunch:

Clients may choose between the main entree, a Peanut Butter and Jelly Sandwich, or a Deli Sandwich.

Alternative menus for special dietary needs are available

Fat free, 1% and Chocolate milk are available

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
Kitchen Manager, Richmond
(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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 - Grilled Chicken BLT - Potato Salad - Pineapple - - Choice of Milk	2 - Deconstructed Egg Roll - - Green Beans White Rice Fresh Fruit - - Choice of Milk	3 - Grilled Cheese Sandwich - Tomato Soup Succotash Roasted Root Veggies Fresh Fruit - - Choice of Milk	4 - Pepperoni Pizza - Garden Salad Corn - Fresh Fruit Pound Cake - Choice of Milk
5 - Chicken Patty Sandwich - French Fries Broccoli - - Peaches - Choice of Milk	6 - Hot Dog - Baked Beans Potato Wedges - Applesauce - Triple Oreo Upside Down Cake Choice of Milk	7 - Chicken Parmesan - Noodles Garlic Roasted Broccoli - Fresh Fruit - - Choice of Milk	8 - Taco Casserole - Fire Roasted Corn and Peppers White Rice Garden Salad - Fresh Fruit - Choice of Milk	9 - Meatball Sub - - Steak Fries Garden Salad Mandarin Oranges - - Choice of Milk	10 - Southern Dip - Fried Chicken Sandwich Country Gravy Corn on the Cob Collard Greens Fresh Fruit - Choice of Milk	11 - General Tso's Chicken - White Rice Broccoli - - Fresh Fruit - Choice of Milk
12 - Gyro Sandwich - Greek Salad - Applesauce - - - Choice of Milk	13 - Chicken Noodle Soup - Zucchini Fries Whole Wheat Roll - Mandarin Oranges - - Choice of Milk	14 - Rosemary Roast Chicken Breast - Cheesy Cauliflower Penne w/ Olive Oil Fresh Fruit - - Choice of Milk	15 - BBQ Meatballs - Buttered Noodles Broccoli - Fresh Fruit - - Choice of Milk	16 - Chicken in Gravy Over Biscuit - Green Beans - - Pears - - Choice of Milk	17 - Shepherd's Pie - Garlic Lemon Green Beans - Irish Soda Bread Fresh Fruit St Patty's Day Cupcake Choice of Milk	18 - Mac & Cheese w/ Bacon Bits - - Peas - Applesauce - - Choice of Milk
19 - Chili - Loaded Baked Potato w/ Sour Cream Shredded Cheese Bacon Bits Chives Fresh Fruit Choice of Milk	20 - Ravioli w/ Marinara Sauce - - Italian Veggies Garlic Bread - Applesauce - Choice of Milk	21 - Italian Sausage Platter or on Roll - Peppers & Onions Peas - Fresh Fruit - Choice of Milk	22 - Taco Salad - - Salsa Shredded Cheese Rice & Beans Fresh Fruit Cookie Dough Trifle - Choice of Milk	23 - BBQ Chicken Burrito Bowl - - Rice Beans Corn Shredded Cheese Scallions Fresh Fruit Choice of Milk	24 - Cheeseburger - - Parmesan Roasted Broccoli - Tater Tots Fresh Fruit - Choice of Milk	25 - Jerk Chicken - Collard Greens White Rice - - Pineapple - Choice of Milk
26 - Chicken Salad Scoop or Sandwich - - Dorritos Garden Salad - - Pears - Choice of Milk	27 - Korean Beef & Rice Bowl - - Green Beans Applesauce - - - Choice of Milk	28 - Lasagna - - Italian Veggies Garlic Bread - - Applesauce - Choice of Milk	29 - Boneless Wings w/ BBQ Sauce - - - Peas & Carrots Biscuit - - Fresh Fruit - Choice of Milk	30 - Chicken Pot Pie - - Green Beans Sweet Potato Fries - - Warm Spiced Apples - - Choice of Milk	31 - French Dip - - - Roasted Root Veggies Broccoli - - - Choice of Milk	