

May

2023



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:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 - Walking Taco Seasoned Ground Beef Shredded Lettuce Diced Tomatoes Shredded Cheese Salsa & Sour Cream Chips Applesauce - Choice of Milk	2 - Cheeseburger on lettuce wrap - - Garlic Roasted Broccoli Fresh Fruit - - Choice of Milk	3 - Chicken Rodeo Wrap - Garden Salad - Sliced Pears - - Choice of Milk	4 - Salmon Fillet - - Garden Salad - Fresh Fruit - - Choice of Milk	5 - Turkey Club Sandwich - - Potato chips Dill Pickle Spear - Pears - - Choice of Milk	6 - BBQ Chicken Breast - - Roasted Root Veggies Lemony Green Beans & Peas - Fresh Fruit - Choice of Milk
7 - Pizza Burger (no bun) - Burger Patty Marinara Sauce Mozzarella Cheese - Applesauce Choice of Milk	8 - Salisbury Steak - - Mashed Potatoes Gravy Corn Fresh Fruit - Choice of Milk	9 - BBQ Chicken Breast - - Garden Salad Peaches - - Choice of Milk	10 - Open Faced Sloppy Joe (1/2 bun) - - Orange Glazed Carrots Green Beans Fresh Fruit Choice of Milk	11 - Spaghetti & Meat Sauce - - Italian Veggies - - Applesauce - Choice of Milk	12 - Turkey Burger on lettuce wrap - - Tomato Slice - Succotash - Applesauce Choice of Milk	13 - Hot Ham & Cheese (1/2 sandwich) - - - Potato Salad - Pineapple Choice of Milk
14 - Hawaiian Pizza - - - - Garden Salad - - Choice of Milk	15 - Chicken w/ Alfredo Sauce - - - Broccoli Pears - - Choice of Milk	16 - Balsamic Glazed Chicken Breast - - Green Beans Fruit Cocktail - Garden Salad - - Choice of Milk	17 - Roast Chicken Breast - - Gravy Corn on the Cob Pears - - Choice of Milk	18 - Buffalo Chicken Quesadilla - - Corn Salsa - Brown rice - Choice of Milk	19 - Loaded Pizza Fries - - Steak Fries Pizza Sauce Mozzarella Pepperoni Sausage - Garden Salad Choice of Milk	20 - BBQ Rib Patty - Marinated Veggie Medley Cole Slaw - Peaches - Choice of Milk
21 - Salmon Fillet - Green Beans Corn - Brown Rice - - Choice of Milk	22 - Breakfast for Dinner - Scrambled Eggs - Turkey Sausage Links Fruit Salad - - Choice of Milk	23 - BBQ Pork - - Macaroni Salad Sauteed Summer Squash - - - Choice of Milk	24 - Rosemary Roasted Chicken - - - Cauliflower w/ Cheese Sauce Penne w/Olive Oil - - Choice of Milk	25 - Creamy Garlic Pesto Penne - - - Garlic Roasted Broccoli Applesauce - - Choice of Milk	26 - Hot Dog (no bun) - - - Corn on the Cob Collard Greens Grapes - - Choice of Milk	27 - Walking Taco Seasoned Ground Beef Shredded Lettuce Diced Tomatoes Shredded Cheese Salsa & Sour Cream Chips Applesauce - Choice of Milk
28 - Chicken Piccata - - Wilted Spinach - Penne w/ Olive Oil - - - Choice of Milk	29 - Stuffed Shells - - Marinara Sauce - - Garden Salad - - Choice of Milk	30 - Beef Nachos Seasoned Ground Beef Salsa Sour Cream Shredded Cheese Fire Roasted Corn & Peppers Fresh Fruit - Choice of Milk	31 - Breakfast for Dinner - - Scrambled Eggs - - Turkey Sausage Links Fruit Salad - - Choice of Milk			