

September 2023



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 1/2 pint 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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Lucinda Windham, RD, GM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Buffalo Chicken Wrap Green Beans Choice of Milk	2 Italian Sausage (no bun) Peppers & Onions Marinara Sauce Fresh Fruit Choice of Milk
3 Spaghetti & Meat Sauce Italian Veggies Choice of Milk	4 Pulled Pork (no bun) Corn on the Cob Bowtie Macaroni Salad Choice of Milk	5 Grilled Chicken Rodeo Sandwich Garden Salad Pears Choice of Milk	6 Buffalo Chicken Quesadilla Corn Salsa Brown rice Choice of Milk	7 Chicken Cheddar Ranch Sub Broccoli Salad Choice of Milk	8 Salmon Fillet Cole Slaw Applesauce Choice of Milk	9 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Fruit Salad Choice of Milk
10 Balsamic Glazed Chicken Breast Green Beans Corn on the Cob Fruit Cocktail Choice of Milk	11 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	12 Chicken w/ Alfredo Sauce (no pasta) Garlic Roast Broccoli Pears Choice of Milk	13 Buffalo Chicken Wrap Steamed Broccoli Choice of Milk	14 BBQ Rib Patty (no bun) Marinated Veggie Medley Corn on the Cob Peaches Choice of Milk	15 Turkey Club Sandwich Potato Salad Pickle Spear Watermelon Choice of Milk	16 Cheeseburger (no bun) Lettuce & Tomato French Fries Choice of Milk
17 Turkey Burger Lettuce & Tomato Baked Sweet Potato w/ Sour Cream Choice of Milk	18 Pizza Burger Burger Patty Marinara Sauce Mozzerella Stick Applesauce Choice of Milk	19 Salisbury Steak Mashed Potatoes Gravy Corn Fresh Fruit Choice of Milk	20 Beef Nachos Seasoned Ground Beef Salsa Shredded Cheese Fire Roasted Corn & Peppers Fresh Fruit Choice of Milk	21 Loaded Pizza Fries Steak Fries Pizza Sauce Mozzerella Pepperoni Sausage - Garden Salad Choice of Milk	22 Shredded BBQ Chicken Sandwich Baked Beans Cole Slaw Watermelon Choice of Milk	23 Hawaiian Pizza Garden Salad Choice of Milk
24 Stuffed Shells Marinara Sauce Garden Salad Choice of Milk	25 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Yogurt Choice of Milk	26 Chicken Fajita Applesauce Choice of Milk	27 Hot Ham & Cheese (1/2 sandwich) Potato Salad Pineapple Choice of Milk	28 BBQ Chicken Breast Garden Salad Cantaloupe Choice of Milk	29 Shepard's Pie Garlic Lemon Green Beans Fresh Fruit Choice of Milk	30 Herbed Chicken Breast Roasted Root Veggies Lemony Green Beans & Peas Fresh Fruit Choice of Milk