

January 2024



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 1/2 pint 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 information below:

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Dietitian
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Richmond Kitchen
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James DeGaetano
Kitchen Manager, Berryville
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Lucinda Windham, RD, GM
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Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	Cheese Omelette Roast Potatoes Fresh Fruit Choice of Milk	Sausage Stuffed Pancake Dippers Sugar Free Syrup Yogurt Grapes Choice of Milk	Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk	Baked Chocolate Chip Pancake Sugar Free Syrup Fresh Fruit Choice of Milk	Scrambled Eggs Bacon Roast Potatoes Fresh Fruit Choice of Milk	Cinnamon Roll (no icing) Turkey Sausage Links Fresh Fruit Choice of Milk
7 Cereal Greek Yogurt Fruit Cocktail Choice of Milk	8 Sausage & egg Pancake Sandwich Grapes Choice of Milk	9 French Toast Sticks Syrup Fresh Fruit Choice of Milk	10 Creamed Chipped Beef Toast Grapes Choice of Milk	11 Pancakes Sugar Free Syrup Butter Fresh Fruit Choice of Milk	12 Ham & Egg Scramble Roast Potatoes Fresh Fruit Choice of Milk	13 Mini Maple Eggo Waffles Sugar Free Syrup Yogurt Fresh Fruit Choice of Milk
14 Cinnamon Swirl French Toast Sugar Free Syrup Turkey Sausage Links Fresh Fruit Choice of Milk	15 Ham and Egg on Biscuit Fresh Fruit Choice of Milk	16 Bagel Breakfast Pizza Fresh Fruit Choice of Milk	17 Waffles Butter & Syrup Greek Yogurt Grapes Choice of Milk	18 Banana French Toast Casserole Sugar Free Syrup Fresh Fruit Choice of Milk	19 Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk	20 Strawberry & Greek Yogurt Parfait Granola Peaches Choice of Milk
21 Turkey Sausage Patty Toast w/ Butter & Jelly Grapes Choice of Milk	22 Pancakes Syrup and Butter Peaches Choice of Milk	23 Bacon and Cheese Breakfast Casserole Toast Fresh Fruit Choice of Milk	24 Ham, Egg, & Cheese Scramble Peaches Choice of Milk	25 Biscuit & Sausage Gravy Fresh Fruit Choice of Milk	26 Waffles Sugar Free Syrup Butter Greek Yogurt Grapes Choice of Milk	27 Cheesy Eggs Toast w/ Jelly Fresh Fruit Choice of Milk
28 Triple Berry French Toast Mini Sugar Free Syrup Peaches Choice of Milk	29 Cheese Omelette Roast Potatoes Fresh Fruit Choice of Milk	30 Sausage Stuffed Pancake Dippers Sugar Free Syrup Yogurt Grapes Choice of Milk	31 Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk			