

January

2024



Metz

CULINARY MANAGEMENT

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:

Drew Landenburger, MS, CNS
Dietitian
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Craig Spoor
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Lucinda Windham, RD, GM
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Breakfast for Dinner

Scrambled Eggs

Turkey Sausage
Links
Yogurt

Choice of Milk

2

Chicken Fajita

Applesauce

Choice of Milk

3

Hot Ham &
Cheese (1/2 sandwich)

Cream of Potato
Soup

Pineapple

Choice of Milk

4

BBQ Chicken
Breast

Garden Salad
Herb Roast Potatoes

Choice of Milk

5

Shepherd's Pie

Garlic Lemon
Green Beans

Fresh Fruit

Choice of Milk

6

Herbed Chicken
Breast

Roasted Root Veggies
Lemony Green
Beans & Peas

Fresh Fruit

Choice of Milk

7

Pesto Chicken
Breast

Garlic Bread
Steamed Broccoli

Applesauce

Choice of Milk

8

Cheeseburger
(no bun)

Broccoli

Applesauce

Choice of Milk

9

Herbed Chicken
Breast

Southern Collards

Biscuit

Pears

Choice of Milk

10

Loaded Pizza Fries

Steak Fries
Pizza Sauce
Mozzerella
Pepperoni
Sausage

Garden Salad

11

BBQ Chicken
Burrito Bowl

Rice
Beans
Corn
Shredded Cheese
Green Onions

Fresh Fruit

Choice of Milk

12

Buffalo Chicken
Wrap

Green Beans

Choice of Milk

13

Italian Sausage
(no bun)

Peppers & Onions
Marinara Sauce

Fresh Fruit

Choice of Milk

14

Spaghetti &
Meat Sauce

Italian Veggies

Choice of Milk

15

Pulled Pork
(no bun)

Corn on the Cob
Orange Glazed
Sweet Potatoes

Choice of Milk

16

Grilled Chicken
Rodeo Sandwich

Garden Salad

Pears

Choice of Milk

17

Chicken & Cheese
Quesadilla

Corn
Salsa

Brown rice

Choice of Milk

18

Chicken Cheddar
Ranch Sub

Broccoli w/
Cheese Sauce

Choice of Milk

19

Salmon Fillet

Cole Slaw

Applesauce

Choice of Milk

20

Breakfast for Dinner

Scrambled Eggs

Turkey Sausage
Links

Fruit Salad

Choice of Milk

21

Balsamic Glazed
Chicken Breast

Green Beans
Corn on the Cob

Fruit Cocktail

Choice of Milk

22

Taco Salad

Salsa
Sour Cream

Applesauce

Choice of Milk

23

Chicken w/
Alfredo Sauce
(no pasta)

Garlic Roast Broccoli

Pears

Choice of Milk

24

Chicken Pot Pie

Roast Lemon
Parmesean Broccoli

Fresh Fruit

Choice of Milk

25

BBQ Rib Patty
(no bun)

Marinated Veggie
Medley
Butternut Squash
Soup
Peaches

Choice of Milk

26

Roast Turkey w/
Gravy

Stuffing
Green Beans

Sliced Pears

Choice of Milk

27

Cheeseburger
(no bun)

Lettuce & Tomato
French Fries

Choice of Milk

28

Turkey Burger

Lettuce & Tomato
Baked Sweet Potato
w/ Sour Cream

Choice of Milk

29

Pizza Burger

Burger Patty
Marinara Sauce
Mozzerella Stick

Applesauce

Choice of Milk

30

Salisbury Steak

Mashed Potatoes
Gravy
Corn

Fresh Fruit

Choice of Milk

31

Beef Nachos

Seasoned Ground Beef
Salsa
Shredded Cheese
Fire Roasted Corn &
Peppers
Fresh Fruit

Choice of Milk