

January

2024



Metz

CULINARY MANAGEMENT

Lunch, 500 Calorie

Lunch:

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, 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
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

BBQ Chicken Breast

Green Beans

Fresh Fruit

2

Chili w/ Beans

Peas & Carrots

3

Chicken Parmesan
(Grilled Chicken Breast)

Marinara Sauce
Mozzarella Cheese
Garlic Roast Broccoli

4

Meat Balls w/
Marinara Sauce

Italian Veggies
Fresh Fruit

5

Cheese Pizza

Carrot Raisin Salad
Tropical Fruit Cup

Choice of Milk

6

Cheese Ravioli
Spaghetti Sauce

Fresh Fruit

Choice of Milk

7

Grilled Chicken BLT

Garden Salad

Pineapple

Choice of Milk

8

Chicken, Mashed
Potato & Gravy Bowl
(diced chicken)

Fresh Fruit

Choice of Milk

9

Hot Dog
(no bun)

French Fries
Peas & Carrots

Applesauce

Choice of Milk

10

Chicken Patty
Sandwich

Zesty Country
Green Beans

Choice of Milk

11

Hamburger

Potato Wedges

Fresh Fruit

Choice of Milk

12

Fish Sticks

Cole Slaw

Applesauce

Choice of Milk

13

Steak & Cheese
Bowl

Peppers & Onions

Applesauce

Choice of Milk

14

Chicken Tenders

French Fries

Applesauce

Choice of Milk

15

Boneless Wings w/
Choice of Sauce
(BBQ or Buffalo)

Celery w/ Ranch
Fresh Fruit

Choice of Milk

16

Taco Salad

Salsa
Sour Cream

Applesauce

Choice of Milk

17

Lasagna

Italian Vegetables

Fresh Fruit

Choice of Milk

18

Hamburger
(no bun)

Lettuce & Tomato
Corn on the Cob

Fresh Fruit

Choice of Milk

19

Grilled Chicken
Breast

Green Beans
Mashed Potatoes

Fresh Fruit

Choice of Milk

20

Chicken Nachos
Seasoned Diced Chicken
over Tortilla chips w/
Salsa, Sour Cream &
Cheese
Applesauce

Choice of Milk

21

Turkey Burger
(no bun)

Caesar Salad

Choice of Milk

22

Smokey Chili
Con Carne

Roast Cauliflower

Papaya & Mango
Fruit Cup

Choice of Milk

23

Chicken Breast w/
Country Gravy

Green Beans

Applesauce

Choice of Milk

24

Spaghetti & Meat
Sauce

Roast Zucchini

Applesauce

Choice of Milk

25

Herbed Chicken
Breast

Carrots the
Good Way

Applesauce

Choice of Milk

26

Hot Dog
(no bun)

Baked Beans
Steamed Broccoli

Choice of Milk

27

Grilled Chicken
Sandwich

Corn
Green Beans

Fresh Fruit

Choice of Milk

28

Meatballs in
Spagetti Sauce

Garden Salad

Mandarin Oranges

Choice of Milk

29

BBQ Chicken Breast

Garden Salad

Scalloped Potatoes

Pears

Choice of Milk

30

Italian Sausage
(no bun)

Peppers & Onions

Fresh Fruit

Choice of Milk

31

Open Faced Grilled
Chicken BLT
(1 slice of bread)

Succotash

Fresh Fruit

Choice of Milk