

February

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
540-955-2400 ext. 7244
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Craig Spoor
Kitchen Manager, Richmond
(804) 674-8888 ext. 5133

James DeGaetano
Kitchen Manager, Berryville
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM
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(540) 597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pizza Burger Roast Zucchini w/ Garlic Fresh Fruit Choice of Milk	2 Shredded BBQ Chicken Sandwich Baked Beans Honey & Cinnamon Sweet Potatoes Choice of Milk	3 Hawaiian Pizza Garden Salad Choice of Milk
4 Stuffed Shells Marinara Sauce Garden Salad Choice of Milk	5 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Yogurt Choice of Milk	6 Chicken Fajita Applesauce Choice of Milk	7 Hot Ham & Cheese (1/2 sandwich) Cream of Potato Soup Pineapple Garden Salad Choice of Milk	8 BBQ Chicken Breast Garden Salad Herb Roast Potatoes Choice of Milk	9 Shepherd's Pie Garlic Lemon Green Beans Fresh Fruit Choice of Milk	10 Herbed Chicken Breast Roasted Root Veggies Lemony Green Beans & Peas Fresh Fruit Choice of Milk
11 Pesto Chicken Breast Garlic Bread Steamed Broccoli Applesauce Choice of Milk	12 Cheeseburger (no bun) Broccoli Applesauce Choice of Milk	13 Herbed Chicken Breast Southern Collards Biscuit Pears Choice of Milk	14 Loaded Pizza Fries Steak Fries Pizza Sauce Mozzerella Pepperoni Sausage Garden Salad Choice of Milk	15 BBQ Chicken Burrito Bowl Rice Beans Corn Shredded Cheese Green Onions Fresh Fruit Choice of Milk	16 Buffalo Chicken Wrap Green Beans Choice of Milk	17 Italian Sausage (no bun) Peppers & Onions Marinara Sauce Fresh Fruit Choice of Milk
18 Spaghetti & Meat Sauce Italian Veggies Choice of Milk	19 Pulled Pork (no bun) Corn on the Cob Orange Glazed Sweet Potatoes Choice of Milk	20 Grilled Chicken Rodeo Sandwich Garden Salad Pears Choice of Milk	21 Chicken & Cheese Quesadilla Corn Salsa Brown rice Choice of Milk	22 Chicken Cheddar Ranch Sub Broccoli w/ Cheese Sauce Choice of Milk	23 Salmon Fillet Cole Slaw Applesauce Choice of Milk	24 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Fruit Salad Choice of Milk
25 Balsamic Glazed Chicken Breast Green Beans Corn on the Cob Fruit Cocktail Choice of Milk	26 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	27 Chicken w/ Alfredo Sauce (no pasta) Garlic Roast Broccoli Pears Choice of Milk	28 Chicken Pot Pie Roast Lemon Parmesean Broccoli Fresh Fruit Choice of Milk	29 BBQ Rib Patty (no bun) Marinated Veggie Medley Butternut Squash Soup Peaches		