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 $540-355-2400$ ext. 7244 Craig Spoor
Kitchen Mangager, Richmond (804) 674-8888 ext. 5133

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

Lucinda Windham, RD, GM lucinda.a. windham@grafton.org (540) 597-6336


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Menu Subject to Change Due to Prduct Availability

