

April

2024



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
andrew.c.landenburger@grafton.org

Richmond Kitchen
(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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	2 Chicken w/ Alfredo Sauce (no pasta) Garlic Roast Broccoli Pears Choice of Milk	3 Chicken Pot Pie Roast Lemon Parmesan Broccoli Fresh Fruit Choice of Milk	4 BBQ Rib Patty (no bun) Coleslaw Peaches Choice of Milk	5 Roast Turkey w/ Gravy Stuffing Green Beans Sliced Pears Choice of Milk	6 Cheeseburger (no bun) Lettuce & Tomato French Fries Choice of Milk
7 Turkey Burger Lettuce & Tomato Baked Sweet Potato w/ Sour Cream Choice of Milk	8 Pizza Burger Burger Patty Marinara Sauce Mozzerella Stick Applesauce Choice of Milk	9 Salisbury Steak Mashed Potatoes Gravy Corn Fresh Fruit Choice of Milk	10 Beef Nachos Seasoned Ground Beef Salsa Shredded Cheese Fire Roasted Corn & Peppers Fresh Fruit Choice of Milk	11 Open Faced Sloppy Joe (1 piece of bread) Roast Zucchini w/ Garlic Fresh Fruit Choice of Milk	12 Shredded BBQ Chicken Sandwich Seasoned Green Beans Choice of Milk	13 Hawaiian Pizza Garden Salad Choice of Milk
14 Stuffed Shells Marinara Sauce Garden Salad Choice of Milk	15 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Yogurt Choice of Milk	16 Chicken Fajita Applesauce Choice of Milk	17 Hot Ham & Cheese (1/2 sandwich) Potato Salad Pineapple Choice of Milk	18 BBQ Chicken Breast Garden Salad Herb Roast Potatoes Choice of Milk	19 Shepard's Pie Garlic Lemon Green Beans Fresh Fruit Choice of Milk	20 Herbed Chicken Breast Roasted Root Veggies Lemony Green Beans & Peas Fresh Fruit Choice of Milk
21 Pesto Chicken Breast Garlic Bread Steamed Broccoli Applesauce Choice of Milk	22 Cheeseburger (no bun) Smashed Broccoli Applesauce Choice of Milk	23 Herbed Chicken Breast Southern Collards Biscuit Pears Choice of Milk	24 Loaded Pizza Fries Steak Fries Pizza Sauce Mozzerella Pepperoni Sausage - Garden Salad Choice of Milk	25 BBQ Chicken Burrito Bowl Rice Beans Corn Shredded Cheese Green Onions Fresh Fruit Choice of Milk	26 Buffalo Chicken Wrap Green Beans Choice of Milk	27 Italian Sausge (no bun) Peppers & Onions Marinara Sauce Fresh Fruit Choice of Milk
28 Spaghetti & Meat Sauce Italian Veggies Choice of Milk	29 Pulled Pork (no bun) Corn on the Cob Potato Salad Choice of Milk	30 Grilled Chicken Rodeo Sandwich Garden Salad Pears Choice of Milk				