

May

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
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Richmond Kitchen
(804) 674-8888 ext. 5133

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

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

Calendar grid showing daily dinner menus from Sunday to Saturday, including items like Chicken & Cheese Quesadilla, Taco Salad, and Turkey Burger, with 'Choice of Milk' listed for each day.