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

Richmond Kitchen

James DeGaetano Kitchen Manager, Berryville

Lucinda Windham, RD, GM lucinda.a.windham@grafton.org

Sunday

Monday

Tuesday

Chicken w/

Alfredo Sauce

(no pasta)

Garlic Roast Broccoli

Pears

Choice of Milk

14

Salisbury Steak

Mashed Potatoes

Gravy Corn

Fresh Fruit

Choice of Milk

21

Wednesday

Chicken & Cheese Quesadilla Corn

> Salsa Brown rice

Choice of Milk

8

Chicken Pot Pie

Roast Lemon

Parmesan Broccoli

Fresh Fruit

Choice of Milk

Thursday

Sweet and Sour Drumstick Honey Ginger

Green Beans Lo Mein Noodles

9

Friday

Salmon Fillet

Cole Slaw **Applesauce**

Choice of Milk

Choice of Milk

Choice of Milk

BBQ Rib Patty (no bun)

Coleslaw

Peaches Choice of Milk

16

Roast Turkey w/ Gravy

10

Stuffing Green Beans Sliced Pears

Choice of Milk 17

11

Saturday

Breakfast for Dinner

Scrambled Eaas

Turkey Sausage

Links

Fruit Salad

Cheeseburger (no bun)

Lettuce & Tomato French Fries

Choice of Milk

18

Hawaiian Pizza

andrew.c.landenburger@grafton.org

(804) 674-8888 ext. 5133

(540) 955-2400 ext. 7210

(540) 597-6336

Balsamic Glazed Chicken Breast

5

Steamed Broccoli Corn on the Cob

Fruit Cocktail

Choice of Milk 12

Turkey Burger

Letuce & Tomato **Baked Sweet Potato** w/ Sour Cream

Choice of Milk 19

Stuffed Shells

Marinara Sauce

Garden Salad

Choice of Milk

26

Pesto Chicken

Breast

Garlic Bread

Steamed Broccoli

Applesauce

Choice of Milk

20 Breakfast for Dinner

6

Taco Salad

Salsa

Sour Cream

Applesauce

Choice of Milk

13

Pizza Burger

Burger Patty

Marinara Sauce

Mozzerella Stick

Applesauce

Choice of Milk

Scrambled Faas

Turkey Sausage Links Yogurt

Choice of Milk 27

Cheeseburger (no bun)

Smashed Broccoli

Applesauce Choice of Milk Chicken Fajita

Applesauce

Choice of Milk

28

Herbed Chicken **Breast**

Southern Collards **Biscuit**

Pears Choice of Milk

15 **Beef Nachos**

Seasoned Ground Beef Shredded Cheese Fire Roasted Corn & Peppers Fresh Fruit

> Choice of Milk 22

> > Hot Ham &

Cheese (1/2 sandwich)

Potato Salad

Pineapple

Choice of Milk

Loaded Pizza Fries

Steak Fries

Pizza Sauce

Mozzerella

Pepperoni

Sausage

Choice of Milk

Open Faced Sloppy Joe (1 piece of bread)

Roast Zuccini w/ Garlic Fresh Fruit

Choice of Milk 23

BBQ Chicken

Breast

Garden Salad

Herb Roast Potatoes

Choice of Milk

30

BBQ Chicken

Burrito Bowl

Rice

Beans

Corn

Shredded Cheese

Green Onions

Fresh Fruit

Choice of Milk

Shredded BBQ Chicken Sandwich Seasoned Green

Beans

Choice of Milk 24

Shephard's Pie

Garlic Lemon

Green Beans

Fresh Fruit

Choice of Milk

Garden Salad

25

Herbed Chicken Breast

Roasted Root Veggies Lemony Green Beans & Peas

Fresh Fruit

Choice of Milk

Buffalo Chicken

Green Beans

31

Choice of Milk

USDA is an equal opportunity provider and employer. Menu Subject to Change Due to Prduct Availability Choice of Milk