

May

2024



Lunch, 500 Calorie

Lunch:

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 desired beverage 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
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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 Italian Grilled Chicken Bruschetta Sandwich Baby Carrots Fresh Fruit Choice of Milk	2 Hamburger (no bun) Lettuce & Tomato Parmesan Roasted Broccoli Fresh Fruit Choice of Milk	3 Grilled Chicken Breast Green Beans Mashed Potatoes Fresh Fruit Choice of Milk	4 Chicken Nachos Seasoned Diced Chicken over Tortilla chips w/ Salsa, Sour Cream & Cheese Applesauce Choice of Milk
5 Turkey Burger (no bun) Caesar Salad Choice of Milk	6 Korean Beef Tacos Asian Carrot & Pepper Slaw White Rice Sliced Pears Choice of Milk	7 Dry Rubbed BBQ Chicken Corn on the Cob Potato Salad Fresh Fruit Choice of Milk	8 Spaghetti & Meat Sauce Roast Zucchini Applesauce Choice of Milk	9 Herbed Chicken Breast Caprese Pasta Salad Applesauce Choice of Milk	10 Hot Dog (no bun) Baked Beans Steamed Broccoli Choice of Milk	11 Grilled Chicken Sandwich Corn Green Beans Fresh Fruit Choice of Milk
12 Meatballs in Spagetti Sauce Garden Salad Mandarin Oranges Choice of Milk	13 Butter chicken Seasoned Green Beans Naan Bread Papaya Mango Fruit Cup Choice of Milk	14 Cheese Ravioli Spaghetti Sauce Fresh Fruit Choice of Milk	15 Open Faced Grilled Chicken BLT (1 slice of bread) Succotash Fresh Fruit Choice of Milk	16 Hot Dog (no bun) Cali Blend Veggies French Fries Fresh Fruit Choice of Milk	17 1/2 Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Fresh Fruit Choice of Milk	18 Honey Garlic Chicken Steamed Broccoli Brown Rice Choice of Milk
19 Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Fresh Fruit Choice of Milk	20 BBQ Chicken Breast Green Beans Fresh Fruit Choice of Milk	21 Chili w/ Beans Peas & Carrots Choice of Milk	22 Grilled Chicken BLT Potato Salad Pineapple Choice of Milk	23 Steak & Cheese Bowl Peppers & Onions Fresh Fruit Choice of Milk	24 Cheese Pizza Cucumber Tomato Salad Tropical Fruit Cup Choice of Milk	25 Meatballs w/ Marinara Sauce Italian Vegetables Fresh Fruit Choice of Milk
26 Chicken Parmesan (grilled chicken breast) Marinara Sauce Mozzarella Cheese Garlic Roast Broccoli Choice of Milk	27 Chicken Mashed Potato & Gravy Bowl (diced chicken) Fresh Fruit Choice of Milk	28 Hot Dog (no bun) Onion Rings Peas & Carrots Applesauce Choice of Milk	29 Chicken Patty Sandwich Zesty Country Green Beans Choice of Milk	30 Hamburger Sidewinder Fries Cantaloupe Choice of Milk	31 Fish Sticks Cole Slaw Applesauce Choice of Milk	