

July

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:

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Keaton Contini
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Lucinda Windham, RD, GM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cheeseburger (no bun) Smashed Broccoli Baby Carrots Applesauce Choice of Milk	2 Herbed Chicken Breast Southern Collards Biscuit Pears Choice of Milk	3 Loaded Pizza Fries Steak Fries Pizza Sauce Mozzarella Pepperoni Sausage - Caprese Salad Choice of Milk	4 BBQ Chicken Burrito Bowl Brown Rice Beans Corn Shredded Cheese Green Onions Fresh Fruit Choice of Milk	5 Buffalo Chicken Wrap Greek Salad Choice of Milk	6 Italian Sausage (no bun) Peppers & Onions Marinara Sauce Fresh Fruit Choice of Milk
7 Spaghetti & Meat Sauce Italian Veggies Choice of Milk	8 Pulled Pork (no bun) Corn on the Cob Coleslaw Choice of Milk	9 Grilled Chicken Rodeo Sandwich Garden Salad Pears Choice of Milk	10 Chicken & Cheese Quesadilla Corn Salsa Brown rice Choice of Milk	11 Teriyaki Chicken Lo Mein Honey Ginger Green Beans Choice of Milk	12 Salmon Fillet Cole Slaw Applesauce Choice of Milk	13 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Fruit Salad Choice of Milk
14 Balsamic Glazed Chicken Breast Steamed Broccoli Corn on the Cob Fruit Cocktail Choice of Milk	15 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	16 Chicken w/ Alfredo Sauce (no pasta) Garlic Roast Broccoli Pears Choice of Milk	17 Honey Lime Chicken Taco (soft Shell) Rice Corn & Black Bean Salad Fresh Fruit Choice of Milk	18 BBQ Rib Patty (no bun) Coleslaw Peaches Choice of Milk	19 Club Sandwich Potato Salad Onion Rings Sliced Pears Choice of Milk	20 Cheeseburger (no bun) Lettuce & Tomato French Fries Choice of Milk
21 Turkey Burger Lettuce & Tomato Baked Sweet Potato w/ Sour Cream Choice of Milk	22 Pizza Burger Burger Patty Marinara Sauce Mozzarella Applesauce Choice of Milk	23 Salisbury Steak Mashed Potatoes Gravy Corn Fresh Fruit Choice of Milk	24 Beef Nachos Seasoned Ground Beef Salsa Shredded Cheese Fire Roasted Corn & Peppers Fresh Fruit Choice of Milk	25 Open Faced Sloppy Joe (1 piece of bread) Roast Zucchini w/ Garlic Fresh Fruit Choice of Milk	26 Shredded BBQ Chicken Sandwich Seasoned Green Beans Choice of Milk	27 Hawaiian Pizza Turkey Club Salad Choice of Milk
28 Stuffed Shells Marinara Sauce Antipasta Salad Choice of Milk	29 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Yogurt Choice of Milk	30 Chicken Fajita Applesauce Choice of Milk	31 Hot Ham & Cheese Caesar Salad Pineapple Choice of Milk			