

October

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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Sunday	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
		Salisbury Steak Mashed Potatoes Gravy Corn Fresh Fruit Choice of Milk	Beef Nachos Seasoned Ground Beef Salsa Shredded Cheese Fire Roasted Corn & Peppers Fresh Fruit Choice of Milk	Open Faced Sloppy Joe (1 piece of bread) Roast Zucchini w/ Garlic Fresh Fruit Choice of Milk	Shredded BBQ Chicken Sandwich Seasoned Green Beans Choice of Milk	Hawaiian Pizza  Turkey Club Salad Choice of Milk
6 Stuffed Shells Marinara Sauce Antipasta Salad Choice of Milk	7 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Yogurt Choice of Milk	8 Chicken Fajita Applesauce Choice of Milk	9 Hot Ham & Cheese Caeser Salad Pineapple Choice of Milk	10 BBQ Chicken Breast Roast Asparagus Herb Roast Potatoes Choice of Milk	11 Hashbrown Stacker Mac & Cheese Peas Fresh Fruit Choice of Milk	12 Herbed Chicken Breast Roasted Root Veggies Lemony Green Beans & Peas Fresh Fruit Choice of Milk
13 Pesto Chicken Breast Garlic Bread Steamed Broccoli Applesauce Choice of Milk	14 Cheeseburger (no bun) Seasoned Green Beans Baby Carrots Applesauce Choice of Milk	15 Herbed Chicken Breast Southern Collards Biscuit Pears Choice of Milk	16 Loaded Pizza Fries Steak Fries Pizza Sauce Mozzarella Pepperoni Sausage Caesar Salad Choice of Milk	17 BBQ Chicken Burrito Bowl Brown Rice Beans Corn Shredded Cheese Green Onions Peaches Choice of Milk	18 Buffalo Chicken Wrap Greek Salad Choice of Milk	19 Italian Sausge (no bun) Peppers & Onions Marinara Sauce Fresh Fruit Choice of Milk
20 Spaghetti & Meat Sauce Italian Veggies Choice of Milk	21 Pulled Pork (no bun) Corn on the Cob Sweet Potato Tots Choice of Milk	22 Grilled Chicken Rodeo Sandwich Zesty Country Green Beans Pears Choice of Milk	23 Chicken & Cheese Quesadilla Corn Salsa Brown rice Choice of Milk	24 Teriyaki Chicken Lo Mein Honey Ginger Green Beans Choice of Milk	25 Salmon Fillet Cole Slaw Applesauce Choice of Milk	26 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Fruit Salad Choice of Milk
27 BBQ Rib Patty (no bun) Corn Chowder Peaches Choice of Milk	28 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	29 Chicken w/ Alfredo Sauce (no pasta) Garlic Roast Broccoli Pears Choice of Milk	30 Honey Lime Chicken Taco (soft Shell) Rice Buttered Corn Fresh Fruit Choice of Milk	31 Fangfurter (hotdog no bun) Corn on the Cobweb Monster Fang Fries Rotten Fruit Choice of Milk		