

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