November 2026

Metz CULINARY MANAGEMENT

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. 8946
andrew.c.landenburger@grafton.org

Richmond Kitchen
(804) 674-8888 ext. 6579

James DeGaetano
Kitchen Manager, Berryville
(540) 955-2400 ext. 8947

Lucinda Windham, RD, GM
lucinda.a.windham@grafton.org
540-486-6338

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Balsamic Glazed Chicken Breast** Steamed Broccoli Corn on the Cob Fruit Cocktail	**2** **Honey Mustard Roast Chicken** Peas Applesauce	**3** **Chicken w/ Alfredo Sauce** (no pasta) Garlic Roast Broccoli Pears	**4** **Hot Ham & Cheese Sandwich** Caeser Salad Pineapple	**5** **Dry Rubbed Pork Chop** Maple Roast Sweet Potatoes & Apples Fresh Fruit **Choice of Milk**	**6** **Chicken Fajita** Salsa Sour Cream Applesauce **Choice of Milk**	**7** **Cheeseburger (no bun)** Lettuce & Tomato French Fries Fresh Fruit **Choice of Milk**
8 **Turkey Burger** Letuce & Tomato Baked Sweet Potato w/ Sour Cream **Choice of Milk**	**9** **Pizza Burger** Burger Patty Marinara Sauce Mozzarella Applesauce **Choice of Milk**	**10** **Salisbury Steak** Mashed Potatoes Gravy Sauteed Mushrooms Fresh Fruit **Choice of Milk**	**11** **Beef Nachos** Seasoned Ground Beef Salsa Shredded Cheese Fire Roasted Corn Fresh Fruit **Choice of Milk**	**12** **Lasagna** Garden Salad Fruit Salad **Choice of Milk**	**13** **Shredded BBQ Chicken Sandwich** Seasoned Green Beans **Choice of Milk**	**14** **Meatball Pizza** Salad **Choice of Milk**
15 **Stuffed Shells** Marinara Sauce Antipasta Salad **Choice of Milk**	**16** **Breakfast for Dinner** Scrambled Eggs Turkey Sausage Links Yogurt **Choice of Milk**	**17** **Jerk Chicken** Beans & Rice Collards Fresh Fruit **Choice of Milk**	**18** **Tuna Melt** Dil Pickle Spear Baby Carrots w/ Ranch Fresh Fruit **Choice of Milk**	**19** **Beef Stew** Steamed Broccoli **Choice of Milk**	**20** **Popcorn Shrimp Bowl** Rice Edamame Diced Mango Bang Bang Sauce **Choice of Milk**	**21** **Herbed Chicken Breast** Roasted Root Veggies Lemony Green Beans & Peas **Choice of Milk**
22 **Pesto Chicken Breast** Garlic Bread Steamed Broccoli Applesauce **Choice of Milk**	**23** **Cheeseburger Sub** Baby Carrots w/ Ranch Fresh Fruit **Choice of Milk**	**24** **Herbed Chicken Breast** Southern Collards Biscuit Pears **Choice of Milk**	**25** **Loaded Pizza Fries** Steak Fries Pizza Sauce Mozzarella Pepperoni Sausage Caesar Salad **Choice of Milk**	**26** **Buffalo Chicken Bowl (diced chicken)** Brown Rice Celery Shredded Carrots Shredded Cheese Green Onions Ranch or Blue Cheese Dressing **Choice of Milk**	**27** **Buffalo Chicken Wrap** Greek Salad **Choice of Milk**	**28** **Italian Sausge (no bun)** Peppers & Onions Marinara Sauce Fresh Fruit **Choice of Milk**
29 **Spaghetti & Meat Sauce** Italian Veggies **Choice of Milk**	**30** **Salami & Provolone Melt** Steamed Broccoli **Choice of Milk**					

USDA is an equal opportunity provider and employer.

Menu Subject to Change Due to Prduct Availability