

December 2025



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
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Jana Hobbs
Richmond Kitchen
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James DeGaetano
Kitchen Manager, Berryville
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Lucinda Windham, RD, GM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Yogurt Choice of Milk	2 Jerk Chicken Beans & Rice Collards Fresh Fruit Choice of Milk	3 Hot Ham & Cheese Caeser Salad Pineapple Choice of Milk	4 BBQ Chicken Breast Roast Asparagus Herb Roast Potatoes Choice of Milk	5 Popcorn Shrimp Bowl Rice Edamame Diced Mango Banq Banq Sauce Choice of Milk	6 Herbed Chicken Breast Roasted Root Veggies Lemony Green Beans & Peas Choice of Milk
7 Pesto Chicken Breast Garlic Bread Steamed Broccoli Applesauce Choice of Milk	8 Cheeseburger Sub Baby Carrots w/ Ranch Fresh Fruit Choice of Milk	9 Herbed Chicken Breast Southern Collards Biscuit Pears Choice of Milk	10 Loaded Pizza Fries Steak Fries Pizza Sauce Mozzarella Pepperoni Sausage Caesar Salad Choice of Milk	11 BBQ Chicken Burrito Bowl Brown Rice Beans Corn Shredded Cheese Green Onions Peaches Choice of Milk	12 Buffalo Chicken Wrap Greek Salad Choice of Milk	13 Italian Sausge (no bun) Peppers & Onions Marinara Sauce Fresh Fruit Choice of Milk
14 Spaghetti & Meat Sauce Italian Veggies Choice of Milk	15 Pulled Pork (no bun) Baked Sweet Potato Broccoli Choice of Milk	16 Grilled Chicken Rodeo Sandwich Zesty Country Green Beans Pears Choice of Milk	17 Chicken & Cheese Quesadilla Buttered Corn Salsa Sour Cream Choice of Milk	18 Thai Chicken Noodle Soup Honey Ginger Green Beans Choice of Milk	19 Salmon Fillet Orange Glazed Carrots Applesauce Choice of Milk	20 Breakfast for Dinner Scrambled Eggs Turkey Sausage Links Fruit Salad Choice of Milk
21 Balsamic Glazed Chicken Breast Steamed Broccoli Corn on the Cob Fruit Cocktail Choice of Milk	22 Honey Mustard Roast Chicken Peas Applesauce Choice of Milk	23 Chicken w/ Alfredo Sauce (no pasta) Garlic Roast Broccoli Pears Choice of Milk	24 Honey Lime Chicken Taco (soft Shell) Rice Buttered Corn Fresh Fruit Choice of Milk	25 Dry Rubbed Pork Chop Roast Sweet Potatoes and Apples Fresh Fruit Choice of Milk	26 Chicken Fajita Salsa Sour Cream Applesauce Choice of Milk	27 Cheeseburger (no bun) Lettuce & Tomato French Fries Choice of Milk
28 Turkey Burger Lettuce & Tomato Baked Sweet Potato w/ Sour Cream Choice of Milk	29 Pizza Burger Burger Patty Marinara Sauce Mozzarella Applesauce Choice of Milk	30 Salisbury Steak Mashed Potatoes Gravy Sauteed Mushrooms Fresh Fruit Choice of Milk	31 Beef Nachos Seasoned Ground Beef Salsa Shredded Cheese Fire Roasted Corn Fresh Fruit Choice of Milk			