

January 2026



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. 7244
andrew.c.landenburger@grifton.org

Jana Hobbs
Richmond Kitchen
(804) 674-8888 ext. 5133

James DeGaetano
Kitchen Manager, Berryville
(540) 955-2400 ext. 7210

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

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