

If you need to cancel, please call 888-656-6831 or 614-278-3152 any day before your scheduled delivery or no later than 8:30am the day of delivery.

## Daily Cold Delivery Menu DECEMBER 2018

Life Care Alliance Meals provide 1/3 of the Recommended Daily Allowance (RDA) for adults age 60 and older  
 MENUS APPROVED BY: Claire Adams, LPD #10840  
 Call for more menu options - 614-278-3152  
 To speak to a registered dietitian about our menu or about managing your diabetes call 614-437-2882 or 614-437-2841.



# (614) 278-3152

Monday November 19	Tuesday November 20	Wednesday November 21	Thursday November 22	Friday November 23	Saturday November 24	Sunday November 25
<b>Egg Salad Sandwich</b> Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	<b>Turkey Chef Salad w/ Cheddar Cheese</b> Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	<b>Roast Beef Sandwich (2)</b> American Cheese Cinn. Applesauce Broccoli Slaw (1)	<b>Turkey Sandwich</b> Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	<b>Tuna Salad</b> Springtime Pasta (1) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>Cottage Cheese</b> Fruit Plate Vegetable Bowtie Pasta (2) Peach half (1) Pear Half Club Crackers (1)	<b>Corned Beef Sandwich (2)</b> Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday November 26	Tuesday November 27	Wednesday November 28	Thursday November 29	Friday November 30	Saturday December 1	Sunday December 2
<b>Turkey &amp; Provolone Sandwich (2)</b> Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	<b>Chicken Chef Salad</b> Ranch Dressing Club Crackers (1) Diced Peaches (1)	<b>Chicken Pasta Salad (2)</b> Mixed Bean Salad (1) Carrot Raisin Salad (1)	<b>Chicken Salad Fruit Plate</b> Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	<b>Seafood Salad</b> w/ Imitation Crab Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	<b>Ham &amp; Swiss Sandwich (2)</b> Diced Pears (1) Four Bean Salad (1)	<b>Bagel and Creamed Cheese (4)</b> Fiesta Slaw Kidney Bean Salad (2) Fresh Orange (2)

Monday December 3	Tuesday December 4	Wednesday December 5	Thursday December 6	Friday December 7	Saturday December 8	Sunday December 9
<b>Egg Salad Sandwich</b> Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	<b>Turkey Chef Salad w/ Cheddar Cheese</b> Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	<b>Roast Beef Sandwich (2)</b> American Cheese Cinn. Applesauce Broccoli Slaw (1)	<b>Turkey Sandwich</b> Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	<b>Tuna Salad</b> Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>Cottage Cheese</b> Fruit Plate Vegetable Bowtie Pasta (2) Peach half (1) Pear Half Club Crackers (1)	<b>Corned Beef Sandwich (2)</b> Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14	Saturday December 15	Sunday December 16
<b>Turkey &amp; Provolone Sandwich (2)</b> Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	<b>Chicken Chef Salad</b> Ranch Dressing Club Crackers (1) Diced Peaches (1)	<b>Chicken Pasta Salad (2)</b> Mixed Bean Salad (1) Carrot Raisin Salad (1)	<b>Chicken Salad Fruit Plate</b> Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	<b>Seafood Salad</b> w/ Imitation Crab Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	<b>Ham &amp; Swiss Sandwich (2)</b> Diced Pears (1) Four Bean Salad (1)	<b>Bagel and Creamed Cheese (4)</b> Fiesta Slaw Kidney Bean Salad (2) Fresh Orange (2)

Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21	Saturday December 22	Sunday December 23
<b>Egg Salad Sandwich</b> Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	<b>Turkey Chef Salad w/ Cheddar Cheese</b> Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	<b>Roast Beef Sandwich (2)</b> American Cheese Cinn. Applesauce Broccoli Slaw (1)	<b>Turkey Sandwich</b> Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	<b>Tuna Salad</b> Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>Cottage Cheese</b> Fruit Plate Vegetable Bowtie Pasta (2) Peach half (1) Pear Half Club Crackers (1)	<b>Corned Beef Sandwich (2)</b> Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)



Menu subject to change. Weekend/evening service limited.

Exact serving sizes and detailed nutrition information available upon request. Meals include an 8 oz. milk or 4 oz. juice

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MENUS APPROVED BY: Claire Adams, LPD #10840

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(A) Denotes Alternate Meal selection (R) Denotes Regular Meal selection



# (614) 278-3152

Monday November 19	Tuesday November 20	Wednesday November 21	Thursday November 22	Friday November 23	Saturday November 24	Sunday November 25
Hamburger Sweet Potato Puffs(1) Broccoli Fresh Apple(1) Hamburger Bun (1)	<b>Split Menu Day</b> (A) Baked Beans w/ Cornbread (R) Chicken Nuggets (1) Green Beans Carrot Coins Fresh Banana(2) Wheat Bread (1)	Salisbury Steak w/Gravy Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	Thanksgiving	<b>Split Menu Day</b> (A)BBQ Pork Riblet (R) Cheddar Pierogis/onions (3) Carrot Coins Peas (1) Banana (2) "NEW"	Chicken Rice Casserole (1) Mixed Veg (1) Maple Roasted Sweet Potatoes (1) Wheat Bread (1)	Chicken & Noodles (1) Oregon Bean Medley (1) Peach Betty (1) Wheat Bread (1)
Monday November 26	Tuesday November 27	Wednesday November 28	Thursday November 29	Friday November 30	Saturday December 1	Sunday December 2
Chicken Biscuit & Gravy (2) Italian Blend Vegetables Cinnamon Applesauce (1)	<b>Split Menu Day</b> Fish Wedge w/Marinara (2) (R)Chicken Teriyaki w/Linguine(4) Bean Medley Oriental Veg Apple Crumb (2) Wheat Bread (1)	Turkey Sausage and Egg Sandwich Roasted Red Skin Potatoes (1) Mixed Vegetables(1) English Muffin (2) Fresh Banana (2)	Meatloaf w/Herb Gravy Mashed Potatoes (2) Diced Carrots Peach Cobbler (1) Wheat Bread (1)	<b>Split Menu Day</b> (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Green Beans Potato Medley (1) Banana (2)	Chicken & Dumplings (2) Broccoli Pineapple Betty (1) Wheat Bread (1)	Country Fried Steak (1) Mashed Potatoes (2) Seasoned Beets (1) Oregon Bean Medley (1)
Monday December 3	Tuesday December 4	Wednesday December 5	Thursday December 6	Friday December 7	Saturday December 8	Sunday December 9
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> (A) Spaghetti(2) and Meatballs Broccoli (1) (R)Chicken w/ Fried Rice (2) Oriental Vegetable Pineapple Betty 1 Wheat Bread (1)	Popcorn Chicken Bowl (1) Mashed Potatoes w/ pepper gravy(2) Corn (1) Fresh Banana (2)	Beef Stew (1) & Biscuit Broccoli Maple Roasted Sweet Potatoes (1) Fresh Banana(2)	<b>Split Menu Day</b> (A)Italian Sausage w/ Peppers and onions(1) Cajun Rice (2) (R) Cheese Lasagna (2) w/Peas(1) Baked Beans (2) Wheat Bread (1)	Cheese Stuffed Shells (1) Peas and Mushrooms (1) Pineapple Betty(1) Wheat Bread (1)	Pot Roast and Gravy Brown Rice(2) Italian Blend Veggies Tri-Fruit Crunch(1)
Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14	Saturday December 15	Sunday December 16
Fiesta Bowl Brown Rice (2) Black Beans (1) Topped w/Peppers Onions & Jack Cheese Diced Carrot Corn (1) Fresh Orange (2)	<b>Split Menu Day</b> (A) Kielbasa with Sauerkraut (1) Roasted Potatoes(1) Cinn. Apples (1) (R) Beef & Bean Burrito (2) Green Beans Cinn. Apples (1)	Sweet n' Sour Chicken Brown Rice (2) Oriental Veggies Maple Roasted Sweet Potatoes (1)	Mac & Cheese (2) Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	<b>Split Menu Day</b> (A) Country Fried Pork (1) (R) Chicken Taco Bowl (1) Carrot Coins (1) Fiesta Black Beans (1)	BBQ Chicken Breast (1) Rosemary & Garlic Potatoes (1) Green Beans Fresh Orange (2) Wheat Bread (1)	Beef Ravioli (2) Corn (1) Pineapple Betty (1) Wheat Bread (1)
Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21	Saturday December 22	Sunday December 23
Hamburger Sweet Potato Puffs(1) Broccoli Fresh Apple(1) Hamburger Bun (1)	<b>Split Menu Day</b> (A) Baked Beans w/ Cornbread (R) Chicken Nuggets (1) Green Beans Carrot Coins Fresh Banana(2) Wheat Bread (1)	Salisbury Steak w/Gravy Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	Farmers Mkt Cheese Omelet Peppers, onions Spinach (1) Brkfst potatoes(1) Wheat Bread (1) Fresh Banana (2)	<b>Split Menu Day</b> (A)BBQ Pork Riblet (R) Cheddar Pierogis/onions (3) Carrot Coins Peas (1) Fresh Banana (2) "NEW"	Chicken Rice Casserole (1) Mixed Veg (1) Maple Roasted Sweet Potatoes (1) Wheat Bread (1)	Chicken & Noodles (1) Oregon Bean Medley (1) Peach Betty (1) Wheat Bread (1)

You will notice a number in parentheses on the menu. This number tells you how many servings of carbohydrate are in each item. Most people with diabetes need about 3-4 servings (45-60 grams) of carbohydrate per meal. **1 serving of carbohydrate equals 15 grams. A registered dietitian can help you determine how many servings of carbohydrate you need at each meal. Please call 614-437-2882 or 614-437-2841 for assistance.**

For example:

1 serving = 15 grams  
2 servings = 30 grams  
3 servings = 45 grams  
4 servings = 60 grams  
5 servings = 75 gram

<b>Chicken Mornay</b>	←
Rice w/celery onion (1)	←
Diced Carrots	←
Fresh apple (1)	←
Wheat bread (1)	←

These foods have carbohydrates. The number to the right of the item tells you how many servings of carbohydrates. Notice, the carrots do not have a number. That's because they have very little carbohydrates.

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<b>Egg Salad Sandwich</b> Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	<b>Turkey Chef Salad w/ Cheddar Cheese</b> Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	<b>Roast Beef Sandwich (2)</b> American Cheese Cinn. Applesauce Broccoli Slaw (1)	<b>Turkey Sandwich</b> Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	<b>Tuna Salad</b> Springtime Pasta (1) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>No Service</b>  <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>
Monday November 26	Tuesday November 27	Wednesday November 28	Thursday November 29	Friday November 30	Saturday December 1	Sunday December 2
<b>Turkey &amp; Provolone Sandwich (2)</b> Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	<b>Chicken Chef Salad</b> Ranch Dressing Club Crackers (1) Diced Peaches (1)	<b>Chicken Pasta Salad (2)</b> Mixed Bean Salad (1) Carrot Raisin Salad (1)	<b>Chicken Salad Fruit Plate</b> Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	<b>Seafood Salad w/ Imitation Crab</b> Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	<b>No Service</b>  <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>
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Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14	Saturday December 15	Sunday December 16
<b>Turkey &amp; Provolone Sandwich (2)</b> Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	<b>Chicken Chef Salad</b> Ranch Dressing Club Crackers (1) Diced Peaches (1)	<b>Chicken Pasta Salad (2)</b> Mixed Bean Salad (1) Carrot Raisin Salad (1)	<b>Chicken Salad Fruit Plate</b> Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	<b>Seafood Salad w/ Imitation Crab</b> Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	<b>No Service</b>  <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>
Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21	Saturday December 22	Sunday December 23
<b>Egg Salad Sandwich</b> Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	<b>Turkey Chef Salad w/ Cheddar Cheese</b> Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	<b>Roast Beef Sandwich (2)</b> American Cheese Cinn. Applesauce Broccoli Slaw (1)	<b>Turkey Sandwich</b> Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	<b>Tuna Salad</b> Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>No Service</b>  <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

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**LIFECARE  
ALLIANCE**

Nourishing The Human Spirit.

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Hamburger Sweet Potato Puffs(1) Broccoli Fresh Apple(1) Hamburger Bun (1)	<b>Split Menu Day</b> (A) Baked Beans w/ Cornbread (R) Chicken Nuggets Green Beans Carrot Coins Fresh Banana(2) Wheat Bread (1)	Salisbury Steak w/Gravy Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	Farmers Market Cheese Omelet with peppers and onions Spinach (1) Brkfst Potatoes (2) Wheat bread (1) Fresh Banana (2)	<b>Split Menu Day</b> (A)BBQ Pork Riblet (R)Seafood Pasta w/ New England Clam Sauce Rosemary & Garlic Potato (1) Diced Pears (1) Fresh Orange	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday November 26	Tuesday November 27	Wednesday November 28	Thursday November 29	Friday November 30	Saturday December 1	Sunday December 2
Chicken Biscuit & Gravy (2) Italian Blend Vegetables Cinnamon Applesauce (1)	<b>Split Menu Day</b> Fish Wedge w/Marinara (2) (R)Chicken Teriyaki w/Linguine(4) Bean Medley Oriental Veg Apple Crumb (2) Wheat Bread (1)	Turkey Sausage and Egg Sandwich Roasted Red Skin Potatoes (1) Mixed Vegetables(1) English Muffin (2) Fresh Banana (2)	Meatloaf w/Herb Gravy Mashed Potatoes (2) Diced Carrots Peach Cobbler (1) Wheat Bread (1)	<b>Split Menu Day</b> (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Green Beans Potato Medley (1) Banana (2)	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday December 3	Tuesday December 4	Wednesday December 5	Thursday December 6	Friday December 7	Saturday December 8	Sunday December 9
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> (A) Spaghetti(2) and Meatballs Broccoli (1) (R)Chicken w/ Fried Rice (2) Oriental Vegetable Pineapple Betty 1 Wheat Bread (1)	Popcorn Chicken Bowl (1) Mashed Potatoes w/ pepper gravy(2) Corn (1) Fresh Banana (2)	Beef Stew (1) & Biscuit Broccoli Maple Roasted Sweet Potatoes (1) Fresh Banana(2)	<b>Split Menu Day</b> (A)Italian Sausage w/ Peppers and onions(1) Cajun Rice (2) (R) Cheese Lasagna (2) w/Peas(1) Baked Beans (2) Wheat Bread (1)	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14	Saturday December 15	Sunday December 16
Fiesta Bowl Brown Rice (2) Black Beans (1) Topped w/Peppers Onions & Jack Cheese Diced Carrot Corn (1) Fresh Orange (2)	<b>Split Menu Day</b> (A) Kielbasa with Sauerkraut (1) Roasted Potatoes(1) Cinn. Apples (1) (R) Beef & Bean Burrito (2) Green Beans Cinn. Apples (1)	Sweet n' Sour Chicken Brown Rice (2) Oriental Veggies Maple Roasted Sweet Potatoes (1)	Mac & Cheese (2) Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	<b>Split Menu Day</b> (A) Country Fried Pork (1) (R) Chicken Taco Bowl (1) Carrot Coins (1) Fiesta Black Beans (1)	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21	Saturday December 22	Sunday December 23
Hamburger Sweet Potato Puffs(1) Broccoli Fresh Apple(1) Hamburger Bun (1)	<b>Split Menu Day</b> (A) Baked Beans w/ Cornbread (R) Chicken Nuggets (1) Green Beans Carrot Coins Fresh Banana(2) Wheat Bread (1)	Salisbury Steak w/Gravy Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	Farmers Mkt Cheese Omelet Peppers, onions Spinach (1) Brkfst potatoes(1) Wheat Bread (1) Fresh Banana (2)	<b>Split Menu Day</b> (A)BBQ Pork Riblet (R) Cheddar Pierogis/onions (3) Carrot Coins Peas (1) Fresh Banana (2) "NEW"	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>

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- 4 servings = 60 grams
- 5 servings = 75 gram

<b>Chicken Mornay</b>
Rice w/celery onion (1)
Diced Carrots
Fresh apple (1)
Wheat bread (1)


These foods have carbohydrates. The number to the right of the item tells you how many servings of carbohydrates. Notice, the carrots do not have a number. That's because they have very little carbohydrates.



## Daily Vegetarian Delivery Menu DECEMBER 2018



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<b>W E E K  1</b>	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Green Beans Seasoned Beets Natural Applesauce Cup Wheat Bread	<b>Vegetarian Chili</b> Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	<b>Vegetarian Pasta Primavera</b> Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	<b>Vegan Burger</b> Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	<b>No Service</b>   <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>   <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

	Monday November 26	Tuesday November 27	Wednesday November 28	Thursday November 29	Friday November 30	Saturday December 1	Sunday December 2
<b>W E E K  2</b>	<b>Vegetarian Chick'n Sandwich</b> Roasted Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	<b>Cheese Lasagna</b> Peas Apple Crumb Delight Wheat Bread	<b>Waffle &amp; Veggie Sausage Breakfast</b> w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	<b>Macaroni &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Cheese Pizza</b> Carrot Coins Peas Fresh Banana	<b>No Service</b>   <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>   <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

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<b>W E E K  3</b>	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Green Beans Seasoned Beets Natural Applesauce Cup Wheat Bread	<b>Vegetarian Chili</b> Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	<b>Vegetarian Pasta Primavera</b> Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	<b>Veggie Burger</b> Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	<b>No Service</b>   <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>   <b>LIFE CARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

	Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14	Saturday December 15	Sunday December 16
W E E K 4	<b>Vegetarian Chick'n Sandwich</b> Roasted Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	<b>Cheese Lasagna</b> Peas Apple Crumb Delight Wheat Bread	<b>Waffle &amp; Veggie Sausage Breakfast</b> w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	<b>Macaroni &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Cheese Pizza</b> Carrot Coins Peas Fresh Banana	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> Nourishing The Human Spirit.	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> Nourishing The Human Spirit.

	Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21	Saturday December 22	Sunday December 23
W E E K 5	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Green Beans Seasoned Beets Natural Applesauce Cup Wheat Bread	<b>Vegetarian Chili</b> Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	<b>Vegetarian Pasta Primavera</b> Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	<b>Vegan Burger</b> Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> Nourishing The Human Spirit.	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> Nourishing The Human Spirit.

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6831 or 614-278-3152  
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no later than 8:30am  
the day of delivery.




## Weekly Frozen Delivery Menu DECEMBER 2018



Life Care Alliance Meals provide 1/3 of the  
Recommended Daily Allowance (RDA) for adults age 60 and older  
MENUS APPROVED BY: Claire Adams, LPD #10840



Call for more menu options 614-278-3152

\*\*\*If you need to cancel, please call 614-278-3152 any day *before* your scheduled delivery or no later than 8:30 am the day of delivery\*\*\*

	Monday November 19	Tuesday November 20	Wednesday November 21	Thursday November 22	Friday November 23	Saturday November 24	Sunday November 25
<b>W E E K 1</b>	<b>Fiesta Bowl</b> Brown Rice Black Beans Topped w/Peppers Onions & Cheddar Carrot Coins Corn Fresh Orange	<b>Beef &amp; Burrito</b> <b>Green Beans</b> Cinn. Apples	<b>Sweet n' Sour</b> <b>Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Thanksgiving</b>	<b>Chef's Choice</b>  Nourishing The Human Spirit.	<b>BBQ Chicken</b> <b>Breast</b> Rosemary & Garlic Potatoes Green Beans Fresh Orange Wheat Bread	<b>Beef Ravioli</b> Corn Pineapple Betty Wheat Bread
	Monday November 26	Tuesday November 27	Wednesday November 28	Thursday November 29	Friday November 30	Saturday December 1	Sunday December 2
<b>W E E K 2</b>	<b>Hamburger</b> Sweet Potato Puffs Broccoli Fresh Apple Hamburger Bun	<b>Chicken Nuggets</b> Carrot Coins Green Beans Fresh Apple Wheat Bread	<b>Salisbury Steak</b> <b>w/herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Farmers Market</b> <b>Cheese Omelet</b> Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Fresh Orange Wheat Bread	<b>Chef's Choice</b>  Nourishing The Human Spirit.	<b>Chicken Rice</b> <b>Casserole</b> Mixed Veggies Maple Roasted Sweet Potatoes Wheat Bread	<b>Chicken &amp; Noodles</b> Diced Chicken Oregon Blend Medley Peach Betty Wheat Bread
	Monday December 3	Tuesday December 4	Wednesday December 5	Thursday December 6	Friday December 7	Saturday December 8	Sunday December 9
<b>W E E K 3</b>	<b>Chicken Biscuit &amp;</b> <b>Gravy</b> Italian Blend Vegetables Cinnamon Applesauce	<b>Fish Marinara</b> Crunchy Fish Marinara & Mozzarella Apple Crumb Delight Oregon Blend Medley	<b>Turkey Sausage &amp;</b> <b>Egg Sandwich</b> Roasted Redskin Potatoes Mixed Veggies Berry Applesauce English Muffin	<b>Meatloaf w/Herb</b> <b>Gravy</b> Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	<b>Chef's Choice</b>  Nourishing The Human Spirit.	<b>Chicken &amp;</b> <b>Dumplings</b> Broccoli Pineapple Crunch Wheat Bread	<b>Country Fried</b> <b>Steak</b> Mashed Potatoes Oregon Blend Medley Seasoned Beets

W E E K 4	<b>Monday December 10</b>	<b>Tuesday December 11</b>	<b>Wednesday December 12</b>	<b>Thursday December 13</b>	<b>Friday December 14</b>	<b>Saturday December 15</b>	<b>Sunday December 16</b>
	<b>Chicken Mornay</b> Brown Rice Peas with Mushrooms Wheat Bread	<b>Spaghetti &amp; Turkey Meatballs</b> Broccoli Pineapple Betty Wheat Bread	<b>Popcorn Chicken Bowl</b> Mashed Potatoes w/ Gravy Corn Mixed Berry Applesauce	<b>Beef Stew</b> Biscuit Maple Roasted Sweet Potatoes Broccoli Fresh Apple	<b>Chef's Choice</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Pot Roast</b> Brown Rice Italian Blend Veggies Tri-fruit Crunch
W E E K 1	<b>Monday December 17</b>	<b>Tuesday December 18</b>	<b>Wednesday December 19</b>	<b>Thursday December 20</b>	<b>Friday December 21</b>	<b>Saturday December 22</b>	<b>Sunday December 23</b>
	<b>Fiesta Bowl</b> Brown Rice Black Beans Topped w/Peppers Onions & Cheddar Carrot Coins Corn Fresh Orange	<b>Beef &amp; Burrito Green Beans</b> Cinn. Apples	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Mac &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Chef's Choice</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>BBQ Chicken Breast</b> Rosemary & Garlic Potatoes Green Beans Fresh Orange Wheat Bread	<b>Beef Ravioli</b> Corn Pineapple Betty Wheat Bread

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 delivery.*

## Daily Kosher Delivery Menu DECEMBER 2018

Life Care Alliance Meals provide 1/3 of the  
 Recommended Daily Allowance (RDA) for adults age 60 and older  
 MENUS APPROVED BY: Claire Adams, LPD #10840

Call for more menu options – 614-278-3152



W E E K 1	<b>Monday November 19</b>	<b>Tuesday November 20</b>	<b>Wednesday November 21</b>	<b>Thursday November 22</b>	<b>Friday November 23</b>	<b>Saturday November 24</b>	<b>Sunday November 25</b>
	<b>Chicken In a Pot</b> Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Wheat Bread	<b>Vegetable Lasagna</b> Sliced Carrots Corn Applesauce Cup Wheat Bread	<b>Roasted Turkey Breast</b> Roasted Sweet Potatoes Peas Peach Cup Wheat Bread	<b>Chicken Breast w/Gravy</b> Carrot Tzimmes Egg Barley Pineapple Tidbits Wheat Bread	<b>Spaghetti &amp; Meatballs</b> Spaghetti Sauce Peas Fresh Orange Wheat Bread	<b>Salisbury Steak</b> Mashed Potatoes Corn Peas Fresh Banana Wheat Bread	<b>Stuffed Cabbage</b> w/ Beef Peas Carrots Fresh Apple Wheat Bread
W E E K 2	<b>Monday November 26</b>	<b>Tuesday November 27</b>	<b>Wednesday November 28</b>	<b>Thursday November 29</b>	<b>Friday November 30</b>	<b>Saturday December 1</b>	<b>Sunday December 2</b>
	<b>Chicken Chow Mein</b> Rice Egg Rolls Fresh Orange Wheat Bread	<b>Meat Loaf</b> Potato Pudding Peas Carrots Applesauce Cup Wheat Bread	<b>Baked Fish</b> Penne Pasta Green Beans Carrots Fresh Orange Wheat Bread	<b>Cheese Ravioli</b> Green Beans Peas Pineapple Tidbits Wheat Bread	<b>Beef Stew w/ Gravy</b> Red Skin Potatoes Peas and Carrots Fresh Orange Wheat Bread	<b>Eggplant Parmigiana</b> Spaghetti Peas Carrots Peach Cup Wheat Bread	<b>Vegetable Stuffed Peppers</b> Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Wheat Bread
W E E K 3	<b>Monday December 3</b>	<b>Tuesday December 4</b>	<b>Wednesday December 5</b>	<b>Thursday December 6</b>	<b>Friday December 7</b>	<b>Saturday December 8</b>	<b>Sunday December 9</b>
	<b>Chicken In a Pot</b> Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Wheat Bread	<b>Vegetable Lasagna</b> Sliced Carrots Corn Applesauce Cup Wheat Bread	<b>Roasted Turkey Breast</b> Roasted Sweet Potatoes Peas Peach Cup Wheat Bread	<b>Chicken Breast w/Gravy</b> Carrot Tzimmes Egg Barley Pineapple Tidbits Wheat Bread	<b>Spaghetti &amp; Meatballs</b> Spaghetti Sauce Peas Fresh Orange Wheat Bread	<b>Salisbury Steak</b> Mashed Potatoes Corn Peas Fresh Banana Wheat Bread	<b>Stuffed Cabbage</b> w/ Beef Peas Carrots Fresh Apple Wheat Bread

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## Daily Kosher Delivery Menu December 2018

Life Care Alliance Meals provide 1/3 of the  
 Recommended Daily Allowance (RDA) for adults age 60 and older  
 MENUS APPROVED BY: Brian Polzner, MS, RD, LD

Call for more menu options – 614-278-3152

	Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14	Saturday December 15	Sunday December 16
W E E K 4	<b>Chicken Chow Mein</b> Rice Egg Rolls Fresh Orange Wheat Bread	<b>Meat Loaf</b> Potato Pudding Peas Carrots Applesauce Cup Wheat Bread	<b>Baked Fish</b> Penne Pasta Green Beans Carrots Fresh Orange Wheat Bread	<b>Cheese Ravioli</b> Green Beans Peas Pineapple Tidbits Wheat Bread	<b>Beef Stew w/ Gravy</b> Red Skin Potatoes Peas and Carrots Fresh Orange Wheat Bread	<b>Eggplant Parmigiana</b> Spaghetti Peas Carrots Peach Cup Wheat Bread	<b>Vegetable Stuffed Peppers</b> Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Wheat Bread

	Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21	Saturday December 22	Sunday December 23
W E E K 1	<b>Chicken In a Pot</b> Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Wheat Bread	<b>Vegetable Lasagna</b> Sliced Carrots Corn Applesauce Cup Wheat Bread	<b>Roasted Turkey Breast</b> Roasted Sweet Potatoes Peas Peach Cup Wheat Bread	<b>Chicken Breast w/Gravy</b> Carrot Tzimmes Egg Barley Pineapple Tidbits Wheat Bread	<b>Spaghetti &amp; Meatballs</b> Spaghetti Sauce Peas Fresh Orange Wheat Bread	<b>Salisbury Steak</b> Mashed Potatoes Corn Peas Fresh Banana Wheat Bread	<b>Stuffed Cabbage w/ Beef</b> Peas Carrots Fresh Apple Wheat Bread

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 8:30am the day of delivery.

## Daily Mechanical Delivery Menu DECEMBER 2018

Life Care Alliance Meals provide 1/3 of the  
 Recommended Daily Allowance (RDA) for adults age 60 and older  
 MENUS APPROVED BY: Claire Adams, LPD #10840



W E E K  1	<b>Monday November 19</b>	<b>Tuesday November 20</b>	<b>Wednesday November 21</b>	<b>Thursday November 22</b>	<b>Friday November 23</b>	<b>Saturday November 24</b>	<b>Sunday November 25</b>
	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Cornbread &amp; Baked Beans</b> Green Beans Carrot Coins Fresh Banana Wheat Bread	<b>Salisbury Steak w/Herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Farmers Market Omelet w/</b> Peppers, Onions & Spinach Breakfast Potatoes Wheat Bread Fresh Banana	<b>Cheddar Pierogis &amp; Onions</b> Peas Carot Coins Fresh Banana  "NEW"	<b>Chicken Rice Casserole</b> Mixed Vegetables Maple Roasted Sweet Potatoes Wheat Bread	<b>Chicken Noodles</b> Oregon Bean Medley Peach Betty Wheat Bread
W E E K  2	<b>Monday November 26</b>	<b>Tuesday November 27</b>	<b>Wednesday November 28</b>	<b>Thursday November 29</b>	<b>Friday November 30</b>	<b>Saturday December 1</b>	<b>Sunday December 2</b>
	<b>Chicken Biscuit &amp; Gravy</b> Italian Blend Vegetables Cinnamon Applesauce	<b>Fish Marinara</b> Oregon Bean Medley Apple Crumb Delight Wheat Bread	<b>Teriaki Chicken Lo Mein</b> Oriental Veggies Oregon Bean Medley Apple Crumb Delight Wheat Bread	<b>Meatloaf w/Herb Gravy</b> Mashed Potatoes Diced Carrots Peach Cobbler Wheat Bread	<b>Mac &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Chicken &amp; Dumplings</b> Broccoli Pineapple Crunch Wheat Bread	<b>Country Fried Steak w/Gravy</b> Mashed Potatoes Seasoned Beets Oregon Bean Medley
W E E K  3	<b>Monday December 3</b>	<b>Tuesday December 4</b>	<b>Wednesday December 5</b>	<b>Thursday December 6</b>	<b>Friday December 7</b>	<b>Saturday December 8</b>	<b>Sunday December 9</b>
	<b>Chicken Mornay</b> Peas with Mushrooms Brown Rice Wheat Bread	<b>Spaghetti &amp; Meatballs</b> Broccoli Pineapple Betty Wheat Bread	<b>Popcorn Chicken Bowl</b> Mashed Potatoes w/ pepper gravy Corn Fresh Banana	<b>Beef Stew &amp; Biscuit</b> Broccoli Maple Roasted Sweet Potatoes Fresh Banana	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Chicken Rice Casserole</b> Mixed Vegetables Maple Roasted Sweet Potatoes Wheat Bread

W E E K 4	<b>Monday December 10</b>	<b>Tuesday December 11</b>	<b>Wednesday December 12</b>	<b>Thursday December 13</b>	<b>Friday December 14</b>	<b>Saturday December 15</b>	<b>Sunday December 16</b>
	<b>Fiesta Bowl</b> Brown Rice BlackBeans Topped wPeppers Onions & Jack Cheese Diced Carrot Corn Fresh Banana	<b>Country Fried Steak w/Gravy</b> Mashed Potatoes Seasoned Beets Oregon Bean Medley	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Mac &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>BBQ Chicken Breast</b> Rosemary & Garlic Potatoes Green Beans Fresh Banana Wheat Bread	<b>Beef Ravioli</b> Corn Pineapple Betty Wheat Bread
W E E K 5	<b>Monday December 17</b>	<b>Tuesday December 18</b>	<b>Wednesday December 19</b>	<b>Thursday December 20</b>	<b>Friday December 21</b>	<b>Saturday December 22</b>	<b>Sunday December 23</b>
	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Cornbread &amp; Baked Beans</b> Green Beans Carrot Coins Fresh Banana Wheat Bread	<b>Salisbury Steak w/Herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Farmers Market Omelet w/ Peppers, Onions &amp; Spinach</b> Breakfast Potatoes Wheat Bread Fresh Banana	<b>Cheddar Pierogis &amp; Onions</b> Peas Carot Coins Fresh Banana  "NEW"	<b>Chicken Rice Casserole</b> Mixed Vegetables Maple Roasted Sweet Potatoes Wheat Bread	<b>Chicken Noodles</b> Oregon Bean Medley Peach Betty Wheat Bread

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