

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 APRIL 2019

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 March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29	Saturday March 30	Sunday March 31
<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 Fruit Plate</b> Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	<b>Corned Beef Sandwich (2)</b> Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6	Sunday April 7
<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 April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12	Saturday April 13	Sunday April 14
<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 Fruit Plate</b> Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	<b>Corned Beef Sandwich (2)</b> Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19	Saturday April 20	Sunday April 21
<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 April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
<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 Fruit Plate</b> Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) 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

For questions regarding service or to request a copy of ALL menus contact:

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## Daily Hot Delivery Menu APRIL 2019

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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 March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29	Saturday March 30	Sunday March 31
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> (R) Fried Rice w/ Chicken Oriental Veggies (A)Spaghetti w/ TurkeyMeatball Broccoli Wheat Bread Pineapple Betty	Salisbury Steak w/Gravy Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	Chicken & Noodles (1) Oregon Bean Medley (1) Peach Betty (1) Wheat Bread (1)	<b>Split Menu Day</b> (A)Italian Sausage w/ Peppers and onions(1) Corn Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Wheat Bread (1)	Cheese Stuffed Shells (1) Tomato Basil Sauce Peas and Mushrooms (1) Pineapple Betty(1) Wheat Bread (1)	Pot Roast and Gravy Brown Rice(2) Mixed Veggies Tri-Fruit Crunch(1)
Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6	Sunday April 7
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 Potato(1) Cinn. Apples (1) (R) Burger Farm Wheat Penne(3) Marinara (1) Green Bean Carrott	Mac & Cheese (2) Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	Sweet n' Sour Chicken Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Split Menu Day</b> (A) Country Fried Pork (1) Carrot Coins (1) Fiesta Black Beans (R) Country Fish Wedge Apple Betty, Oregon Bean Medley Wheat Bread	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 April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12	Saturday April 13	Sunday April 14
Hamburger Mashed Sweet Potato (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)	Popcorn Chicken Bowl (1) Mashed Potatoes w/ pepper gravy(2) Corn (1) Fresh Banana (2)	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 Mashed Potatoes (R) Cheddar Pierogis/Onions Carrot Coins Peas (1) Fresh Banana (2)	Chicken Rice Casserole (1) Calif. Veggies (1) Scalloped Potatoes (1) Wheat Bread (1)	Beef Stew (1) & Biscuit Broccoli Maple Roasted Sweet Potatoes (1) Fresh Banana(2)
Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19	Saturday April 20	Sunday April 21
Chicken Biscuit & Gravy (2) California Blend Vegetables Cinnamon Applesauce (1)	<b>Split Menu Day</b> Fish Wedge w/Marinara (2) (R)Chicken Teriyaki w/Linguine(2) Bean Medley Oriental Veg Apple Crumb (2) Wheat Bread (1)	Turkey Sausage and Egg Sandwich Breakfast Potatoes (1) Diced Cinnamon Pears 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) Tri Color Potato Medley (1) Fresh 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 April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> (R) Fried Rice w/ Chicken Oriental Veggies (A)Spaghetti w/ TurkeyMeatball Broccoli Wheat Bread Pineapple Betty	Salisbury Steak w/Gravy Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	Chicken & Noodles (1) Oregon Bean Medley (1) Peach Betty (1) Wheat Bread (1)	<b>Split Menu Day</b> (A)Italian Sausage w/ Peppers and onions(1) Corn Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Wheat Bread (1)	Cheese Stuffed Shells (1) Tomato Basil Sauce Peas and Mushrooms (1) Pineapple Betty(1) Wheat Bread (1)	Pot Roast and Gravy Brown Rice(2) Mixed Veggies Tri-Fruit Crunch(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

Chicken Mornay  
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 mservings 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 (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>No Service</b>  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6	Sunday April 7
<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>No Service</b>  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12	Saturday April 13	Sunday April 14
<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>  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>
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Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
<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>  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

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# Marion/Champaign/Logan County

## Daily Hot Delivery Menu

####APRIL 2019####

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**LIFECARE ALLIANCE**

Nourishing The Human Spirit.

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Monday March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29	Saturday March 30	Sunday March 31
<b>Chicken Mornay</b> Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> (R) Fried Rice w/ Chicken Oriental Veggies (A)Spaghetti w/ TurkeyMeatball Broccoli Wheat Bread Pineapple Betty	<b>Salisbury Steak w/Gravy</b> Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	<b>Chicken &amp; Noodles (1)</b> Oregon Bean Medley (1) Peach Betty (1) Wheat Bread (1)	<b>Split Menu Day</b> (A)Italian Sausage w/ Peppers and onions(1) Corn Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Wheat Bread (1)	<b>No Service</b> 	<b>No Service</b> 
Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6	Sunday April 7
<b>Fiesta Bowl</b> 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 Potato(1) Cinn. Apples (1) (R) Burger Parm Wheat Penne(3) Marinara (1) Green Bean Carrott	<b>Mac &amp; Cheese (2)</b> Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Split Menu Day</b> (A) Country Fried Pork (1) Carrot Coins (1) Fiesta Black Beans (R) Country Fish Wedge Apple Betty, Oregon Bean Medley Wheat Bread	<b>No Service</b> 	<b>No Service</b> 
Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12	Saturday April 13	Sunday April 14
<b>Hamburger</b> Mashed Sweet Potato (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)	<b>Popcorn Chicken Bowl (1)</b> Mashed Potatoes w/ pepper gravy(2) Corn (1) Fresh Banana (2)	<b>Farmers Mkt Cheese Omelet</b> Peppers, onions Spinach (1) Brkfst potatoes(1) Wheat Bread (1) Fresh Banana (2)	<b>Split Menu Day</b> (A) BBQ Pork Riblet Mashed Potatoes (R) Cheddar Pierogis/Onions Carrot Coins Peas (1) Fresh Banana (2)	<b>No Service</b> 	<b>No Service</b> 
Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19	Saturday April 20	Sunday April 21
<b>Chicken Biscuit &amp; Gravy (2)</b> California Blend Vegetables Cinnamon Applesauce (1)	<b>Split Menu Day</b> Fish Wedge w/Marinara (2) (R)Chicken Teriyaki w/Linguine(2) Bean Medley Oriental Veg Apple Crumb (2) Wheat Bread (1)	<b>Turkey Sausage and Egg Sandwich</b> Breakfast Potatoes (1) Diced Cinnamon Pears English Muffin (2) Fresh Banana (2)	<b>Meatloaf w/Herb Gravy</b> 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) Tri Color Potato Medley (1) Fresh Banana (2)	<b>No Service</b> 	<b>No Service</b> 
Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
<b>Chicken Mornay</b> Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> (R) Fried Rice w/ Chicken Oriental Veggies (A)Spaghetti w/ TurkeyMeatball Broccoli Wheat Bread Pineapple Betty	<b>Salisbury Steak w/Gravy</b> Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	<b>Chicken &amp; Noodles (1)</b> Oregon Bean Medley (1) Peach Betty (1) Wheat Bread (1)	<b>Split Menu Day</b> (A)Italian Sausage w/ Peppers and onions(1) Corn Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Wheat Bread (1)	<b>No Service</b> 	<b>No Service</b> 

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

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## Weekly Frozen Delivery Menu APRIL 2019



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	Monday March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29	Saturday March 30	Sunday March 31
<b>WEEK 1</b>	<b>Chicken Biscuit &amp; Gravy</b> California Blend Vegetables Cinnamon Applesauce	<b>Fish Marinara</b> Crunchy Fish Marinara & Mozzarella Apple Betty Oregon Blend Medley Wheat Bread	<b>Turkey Sausage &amp; Egg Sandwich</b> Breakfast Potatoes Diced Cinnamon Pears Berry Applesauce English Muffin	<b>Meatloaf w/Herb Gravy</b> Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	<b>Chef's Choice</b>  	<b>Chicken &amp; Dumplings</b> Broccoli Pineapple Crunch Wheat Bread	<b>Country Fried Steak</b> Mashed Potatoes Oregon bean Medley Seasoned Beets
	Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6	Sunday April 7
<b>WEEK 2</b>	<b>Chicken Mornay</b> Brown Rice Peas w/ Mushrooms Wheat Bread	<b>Spaghetti &amp; Turkey Meatballs</b> Broccoli Pineapple Betty Wheat Bread	<b>Salisbury Steak w/ herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Chicken &amp; Noodles</b> Diced Chicken Oregon Bean Medley Peach Betty Wheat Bread	<b>Chef's Choice</b>  	<b>Cheese Stuffed Shells</b> Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Pot Roast</b> Brown Rice Mixed Veggies Tri-fruit Crunch
	Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12	Saturday April 13	Sunday April 14
<b>WEEK 3</b>	<b>Fiesta Bowl</b> Brown Rice Fiesta Black Beans Topped w/Peppers Onions & Cheddar Carrot Coins Corn Fresh Orange	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>Mac &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Chef's Choice</b>  	<b>BBQ Chicken Breast</b> Rosemary & Garlic Potatoes Green Beans Fresh Orange Wheat Bread	<b>Beef Ravioli</b> Corn Pineapple Betty Wheat Bread

<b>W E E K 4</b>	<b>Monday April 15</b>	<b>Tuesday April 16</b>	<b>Wednesday April 17</b>	<b>Thursday April 18</b>	<b>Friday April 19</b>	<b>Saturday April 20</b>	<b>Sunday April 21</b>
	<b>Hamburger</b> Mashed Sweet Potato Broccoli Fresh Apple Hamburger Bun	<b>Chicken Nuggets</b> Carrot Coins Green Beans Fresh Apple Wheat Bread	<b>Popcorn Chicken Bowl</b> Mashed Potatoes w/ pepper gravy Corn Mixed Berry Applesauce	<b>Farmers Market Cheese Omelet</b> Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Fresh Orange Wheat Bread	<b>Chef's Choice</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>Chicken Rice Casserole</b> California Blend Vegetables Scalloped Potatoes Wheat Bread	<b>Beef Stew &amp; Biscuit</b> Broccoli Maple Roasted Sweet Potatoes Red Delicious Apple
<b>W E E K 1</b>	<b>Monday April 22</b>	<b>Tuesday April 23</b>	<b>Wednesday April 24</b>	<b>Thursday April 25</b>	<b>Friday April 26</b>	<b>Saturday April 27</b>	<b>Sunday April 28</b>
	<b>Chicken Biscuit &amp; Gravy</b> California Blend Vegetables Cinnamon Applesauce	<b>Fish Marinara</b> Crunchy Fish Marinara & Mozzarella Apple Betty Oregon Blend Medley Wheat Bread	<b>Turkey Sausage &amp; Egg Sandwich</b> Breakfast Potatoes Diced Cinnamon Pears Berry Applesauce English Muffin	<b>Meatloaf w/Herb Gravy</b> Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	<b>Chef's Choice</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>Chicken &amp; Dumplings</b> Broccoli Pineapple Crunch Wheat Bread	<b>Country Fried Steak</b> Mashed Potatoes Oregon bean Medley Seasoned Beets

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Exact serving sizes and detailed nutrition information available upon request. Meals include 8 oz. milk or 4 oz. juice  
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1699 West Mound Street, Columbus OH 43223  
[www.lifecarealliance.org](http://www.lifecarealliance.org)

LifeCare Alliance Proudly Serves:



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 Kosher Delivery Menu APRIL 2019

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



# LIFECARE ALLIANCE

Nourishing The Human Spirit.

W E E K 1	<b>Monday March 25</b>	<b>Tuesday March 26</b>	<b>Wednesday March 27</b>	<b>Thursday March 28</b>	<b>Friday March 29</b>	<b>Saturday March 30</b>	<b>Sunday March 31</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 April 1</b>	<b>Tuesday April 2</b>	<b>Wednesday April 3</b>	<b>Thursday April 4</b>	<b>Friday April 5</b>	<b>Saturday April 6</b>	<b>Sunday April 7</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 April 8</b>	<b>Tuesday April 9</b>	<b>Wednesday April 10</b>	<b>Thursday April 11</b>	<b>Friday April 12</b>	<b>Saturday April 13</b>	<b>Sunday April 14</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 APRIL 2019

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 April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19	Saturday April 20	Sunday April 21
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 April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
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</b> w/ Beef Peas Carrots Fresh Apple Wheat Bread

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

## Daily Mechanical Delivery Menu APRIL 2019

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



	Monday March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29	Saturday March 30	Sunday March 31
W E E K  1	<b>Chicken Mornay</b> Peas with Mushrooms Brown Rice Wheat Bread	<b>Spaghetti &amp; Turkey Meatballs</b> Broccoli Pineapple Betty Wheat Bread	<b>Salisbury Steak w/Herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Chicken Noodles</b> Oregon Bean Medley Peach Betty Wheat Bread	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>Cheese Stuffed Shells w /Tomato Basil Sauce</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Chicken Rice Casserole</b> California Blend Vegetables Maple Roasted Sweet Potatoes Wheat Bread

	Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6	Sunday April 7
W E E K  2	<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>Mac &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<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

	Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12	Saturday April 13	Sunday April 14
W E E K  3	<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>Popcorn Chicken Bowl</b> Mashed Potatoes w/ pepper gravy Corn Fresh Banana	<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	<b>Chicken Rice Casserole</b> California Blend Vegetables Scalloped Potatoes Wheat Bread	<b>Beef Stew w/ Biscuit</b> Broccoli Maple Roasted Sweet Potatoes Fresh Banana

	Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19	Saturday April 20	Sunday April 21
W E E K 4	<b>Chicken Biscuit &amp; Gravy</b> California 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
	Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
W E E K 5	<b>Chicken Mornay</b> Peas with Mushrooms Brown Rice Wheat Bread	<b>Spaghetti &amp; Turkey Meatballs</b> Broccoli Pineapple Betty Wheat Bread	<b>Salisbury Steak w/Herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Chicken Noodles</b> Oregon Bean Medley Peach Betty Wheat Bread	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>Cheese Stuffed Shells w /Tomato Basil Sauce</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Chicken Rice Casserole</b> California Blend Vegetables Maple Roasted Sweet Potatoes Wheat Bread

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LifeCare Alliance Proudly Serves:





# Daily Vegetarian Delivery Menu



## APRIL 2019



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







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	Monday March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29	Saturday March 30	Sunday March 31
W E E K 1	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Mashed Potatoes 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>  LIFE CARE ALLIANCE Nourishing The Human Spirit.	<b>No Service</b>  LIFE CARE ALLIANCE Nourishing The Human Spirit.

	Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6	Sunday April 7
W E E K 2	<b>Vegetarian Chick'n Sandwich</b> Roasted Redskin Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	<b>Cheese Lasagna</b> Peas Apple Crumb Delight Wheat Bread	<b>Macaroni &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Waffle &amp; Veggie Sausage Breakfast</b> w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	<b>Cheese Pizza</b> Carrot Coins Peas Fresh Banana	<b>No Service</b>  LIFE CARE ALLIANCE Nourishing The Human Spirit.	<b>No Service</b>  LIFE CARE ALLIANCE Nourishing The Human Spirit.

	Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12	Saturday April 13	Sunday April 14
W E E K 3	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Mashed Potatoes 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>  LIFE CARE ALLIANCE Nourishing The Human Spirit.	<b>No Service</b>  LIFE CARE ALLIANCE Nourishing The Human Spirit.

	Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19	Saturday April 20	Sunday April 21
W E E K 4	<b>Vegetarian Chick'n Sandwich</b> Roasted Redskin Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	<b>Cheese Lasagna</b> Peas Apple Crumb Delight Wheat Bread	<b>Macaroni &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Waffle &amp; Veggie Sausage Breakfast</b> w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	<b>Cheese Pizza</b> Carrot Coins Peas Fresh Banana	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

	Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
W E E K 5	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Mashed Potatoes 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>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

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