

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 JUNE 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 May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May 25	Sunday May 26
Egg Salad Sandwich Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	Turkey Chef Salad w/ Cheddar Cheese Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	Roast Beef Sandwich (2) American Cheese Cinn. Applesauce Broccoli Slaw (1)	Turkey Sandwich Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	Tuna Salad Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	Cottage Cheese Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	Corned Beef Sandwich (2) Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	Sunday June 2
Memorial Day Turkey & Provolone Sandwich (2) Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab <i>NEW</i> Macaroni Salad (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	Ham & Swiss Sandwich (2) Diced Pears (1) Four Bean Salad (1)	Bagel and Creamed Cheese (4) Fiesta Slaw Kidney Bean Salad (2) Fresh Orange (2)

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

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

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



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 Life Care Alliance Meals-on-Wheels
 1699 West Mound Street, Columbus OH 43223
www.lifecarealliance.org



Daily Hot Delivery Menu JUNE 2019

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Recommended Daily Allowance (RDA) for adults age 60 and older
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 May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May 25	Sunday May 26
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	Split Menu Day (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)	Split Menu Day (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 May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	Sunday June 2
Memorial Day Fiesta Bowl Brown Rice (2) Black Beans (1) Topped w/Peppers Onions & Jack Cheese Diced Carrot Corn (1) Fresh Orange (2)	Split Menu Day (A) Kielbasa with Sauerkraut (1) Roasted Potato(1) Cinn. Apples (1) (R) Burger Parm 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	Split Menu Day (A) Country Fried Pork (1) Carrot Coins (1) Fiesta Black Beans (R) Chicken Taco Bowl Roasted Veg Slaw Wheat Bread (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 June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	Sunday June 9
Hamburger Mashed Sweet Potato (1) Broccoli Fresh Apple (1) Hamburger Bun (1)	Split Menu Day (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) Fresh Banana (2) Wheat Bread (1)	Split Menu Day (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 June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
Chicken Biscuit & Gravy (2) California Blend Vegetables Cinnamon Applesauce (1)	Split Menu Day (A)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)	Split Menu Day (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Tri Color Potato Medley (1) Green Beans 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 June 17	Tuesday June 18	Wednesday June 19	Thursday June 20	Friday June 21	Saturday June 22	Sunday June 23
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	Split Menu Day (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)	Split Menu Day (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)	

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Marion/Champaign/Logan County Daily Cold Delivery Menu JUNE 2019

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MENUS APPROVED BY: Claire Adams, LPD #10840

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Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May 25	Sunday May 26
Egg Salad Sandwich Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	Turkey Chef Salad w/ Cheddar Cheese Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	Roast Beef Sandwich (2) American Cheese Cinn. Applesauce Broccoli Slaw (1)	Turkey Sandwich Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	Tuna Salad Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.
Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	Sunday June 2
Memorial Day No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab NEW <i>Macaroni Salad</i> (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.
Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	Sunday June 9
Egg Salad Sandwich Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	Turkey Chef Salad w/ Cheddar Cheese Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	Roast Beef Sandwich (2) American Cheese Cinn. Applesauce Broccoli Slaw (1)	Turkey Sandwich Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	Tuna Salad Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.
Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
Turkey & Provolone Sandwich (2) Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab NEW <i>Macaroni Salad</i> (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.
Monday June 17	Tuesday June 18	Wednesday June 19	Thursday June 20	Friday June 21	Saturday June 22	Sunday June 23
Egg Salad Sandwich Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	Turkey Chef Salad w/ Cheddar Cheese Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	Roast Beef Sandwich (2) American Cheese Cinn. Applesauce Broccoli Slaw (1)	Turkey Sandwich Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	Tuna Salad Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.	No Service  LIFE CARE ALLIANCE Nourishing The Human Spirit.

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**LIFECARE
ALLIANCE**
Nourishing The Human Spirit.



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Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May 25	Sunday May 26
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	Split Menu Day (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)	Split Menu Day (A)Italian Sausage w/ Peppers and onions(1) Corn Baked Beans (2) (R)Cheese Lasagna (2) w/Peas(1) Wheat Bread (1)	No Service 	No Service 
Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	Sunday June 2
Memorial Day No Service 	Split Menu Day (A) Kielbasa with Sauerkraut (1) Roasted Potato(1) Cinn. Apples (1) (R) Burger Parm 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	Split Menu Day (A) Country Fried Pork (1) Carrot Coins (1) Fiesta Black Beans (R) Chicken Taco Bowl Roasted Veg Slaw Wheat Bread (1)	No Service 	No Service 
Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	Sunday June 9
Hamburger Mashed Sweet Potato (1) Broccoli Fresh Apple (1) Hamburger Bun (1)	Split Menu Day (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) Fresh Banana (2) Wheat Bread (1)	Split Menu Day (A) BBQ Pork Riblet Mashed Potatoes (R) Cheddar Pierogis/Onions Carrot Coins Peas (1) Fresh Banana (2)	No Service 	No Service 
Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
Chicken Biscuit & Gravy (2) California Blend Vegetables Cinnamon Applesauce (1)	Split Menu Day (A)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)	Split Menu Day (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Tri Color Potato Medley (1) Green Beans Fresh Banana (2)	No Service 	No Service 
Monday June 17	Tuesday June 18	Wednesday June 19	Thursday June 20	Friday June 21	Saturday June 22	Sunday June 23
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	Split Menu Day (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)	Split Menu Day (A)Italian Sausage w/ Peppers and onions(1) Corn Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Wheat Bread (1)	No Service 	No Service 

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

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Weekly Frozen Delivery Menu JUNE 2019



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	Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May 25	Sunday May 26
WEEK 1	Chicken Biscuit & Gravy California Blend Vegetables Cinnamon Applesauce	Fish Marinara Crunchy Fish Marinara & Mozzarella Apple Betty Oregon Blend Medley Wheat Bread	Turkey Sausage & Egg Sandwich Breakfast Potatoes Diced Cinnamon Pears Berry Applesauce English Muffin	Meatloaf w/Herb Gravy Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	Chef's Choice 	Chicken & Dumplings Broccoli Pineapple Crunch Wheat Bread	Country Fried Steak Mashed Potatoes Oregon Bean Medley Seasoned Beets
	Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	Sunday June 2
WEEK 2	Chicken Mornay Brown Rice Peas w/ Mushrooms Wheat Bread	Spaghetti & Turkey Meatballs Broccoli Pineapple Betty Wheat Bread	Salisbury Steak w/ herb Gravy Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	Chicken & Noodles Diced Chicken Oregon Bean Medley Peach Betty Wheat Bread	Chef's Choice 	Cheese Stuffed Shells Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	Pot Roast Brown Rice Mixed Veggies Tri-fruit Crunch
	Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	Sunday June 9
WEEK 3	Fiesta Bowl Brown Rice Fiesta Black Beans Topped w/Peppers Onions & Cheddar Carrot Coins Corn Fresh Orange	Cheese Lasagna Peas Corn Wheat Bread	Mac & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Sweet n' Sour Chicken Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	Chef's Choice 	BBQ Chicken Breast Rosemary & Garlic Potatoes Green Beans Fresh Orange Wheat Bread	Beef Ravioli Corn Pineapple Betty Wheat Bread

W E E K 4	Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
	Hamburger Mashed Sweet Potato Broccoli Fresh Apple Hamburger Bun	Chicken Nuggets Carrot Coins Green Beans Fresh Apple Wheat Bread	Popcorn Chicken Bowl Mashed Potatoes w/ pepper gravy Corn Mixed Berry Applesauce	Farmers Market Cheese Omelet Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Fresh Orange Wheat Bread	Chef's Choice  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	Chicken Rice Casserole California Blend Vegetables Scalloped Potatoes Wheat Bread	Beef Stew & Biscuit Broccoli Maple Roasted Sweet Potatoes Red Delicious Apple
W E E K 1	Monday June 17	Tuesday June 18	Wednesday June 19	Thursday June 20	Friday June 21	Saturday June 22	Sunday June 23
	Chicken Biscuit & Gravy California Blend Vegetables Cinnamon Applesauce	Fish Marinara Crunchy Fish Marinara & Mozzarella Apple Betty Oregon Blend Medley Wheat Bread	Turkey Sausage & Egg Sandwich Breakfast Potatoes Diced Cinnamon Pears Berry Applesauce English Muffin	Meatloaf w/Herb Gravy Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	Chef's Choice  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	Chicken & Dumplings Broccoli Pineapple Crunch Wheat Bread	Country Fried Steak Mashed Potatoes Oregon Bean Medley Seasoned Beets

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LifeCare Alliance Proudly Serves:



Daily Vegetarian Delivery Menu JUNE 2019

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

	Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	Sunday June 2
W E E K 2	Vegetarian Chick'n Sandwich Roasted Redskin Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	Cheese Lasagna Peas Apple Crumb Delight Wheat Bread	Macaroni & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Waffle & Veggie Sausage Breakfast w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	Cheese Pizza Carrot Coins Peas Fresh Banana	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

	Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	Sunday June 9
W E E K 3	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Vegetable Shepard's Pie Mashed Potatoes Green Beans Seasoned Beets Natural Applesauce Wheat Bread	Vegetarian Chili Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	Vegetarian Pasta Primavera Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	Veggie Burger Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

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

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

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 1699 West Mound Street, Columbus OH 43223
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 Mechanical Delivery Menu JUNE 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



(614) 278-3152

W E E K 1	Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May 25	Sunday May 26
	Chicken Mornay Peas with Mushrooms Brown Rice Wheat Bread	Spaghetti & Turkey Meatballs Broccoli Pineapple Betty Wheat Bread	Salisbury Steak w/Herb Gravy Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	Chicken Noodles Oregon Bean Medley Peach Betty Wheat Bread	Cheese Lasagna Peas Corn Wheat Bread	Cheese Stuffed Shells w /Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	Chicken Rice Casserole California Blend Vegetables Maple Roasted Sweet Potatoes Wheat Bread
W E E K 2	Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	Sunday June 2
	Fiesta Bowl Brown Rice BlackBeans Topped wPeppers Onions & Jack Cheese Diced Carrot Corn Fresh Banana	Country Fried Steak w/Gravy Mashed Potatoes Seasoned Beets Oregon Bean Medley	Mac & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Sweet n' Sour Chicken Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	Cheese Lasagna Peas Corn Wheat Bread	BBQ Chicken Breast Rosemary & Garlic Potatoes Green Beans Fresh Banana Wheat Bread	Beef Ravioli Corn Pineapple Betty Wheat Bread
W E E K 3	Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	Sunday June 9
	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Cornbread & Baked Beans Green Beans Carrot Coins Fresh Banana Wheat Bread	Popcorn Chicken Bowl Mashed Potatoes w/ pepper gravy Corn Fresh Banana	Farmers Market Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Wheat Bread Fresh Banana	Cheddar Pierogis & Onions Peas Carot Coins Fresh Banana	Chicken Rice Casserole California Blend Vegetables Scalloped Potatoes Wheat Bread	Beef Stew w/ Biscuit Broccoli Maple Roasted Sweet Potatoes Fresh Banana

	Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
W E E K 4	Chicken Biscuit & Gravy California Blend Vegetables Cinnamon Applesauce	Fish Marinara Oregon Bean Medley Apple Crumb Delight Wheat Bread	Teriaki Chicken Lo Mein Oriental Veggies Oregon Bean Medley Apple Crumb Delight Wheat Bread	Meatloaf w/Herb Gravy Mashed Potatoes Diced Carrots Peach Cobbler Wheat Bread	Mac & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Chicken & Dumplings Broccoli Pineapple Crunch Wheat Bread	Country Fried Steak w/Gravy Mashed Potatoes Seasoned Beets Oregon Bean Medley
	Monday June 17	Tuesday June 18	Wednesday June 19	Thursday June 20	Friday June 21	Saturday June 22	Sunday June 23
W E E K 5	Chicken Mornay Peas with Mushrooms Brown Rice Wheat Bread	Spaghetti & Turkey Meatballs Broccoli Pineapple Betty Wheat Bread	Salisbury Steak w/Herb Gravy Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	Chicken Noodles Oregon Bean Medley Peach Betty Wheat Bread	Cheese Lasagna Peas Corn Wheat Bread	Cheese Stuffed Shells w /Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	Chicken Rice Casserole California Blend Vegetables Maple Roasted Sweet Potatoes 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
For questions regarding service or to request a copy of ALL menus contact:
LifeCare Alliance Meals-on-Wheels
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Daily Kosher Delivery Menu JUNE 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



	Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May 25	Sunday May 26
W E E K 1	Chicken In a Pot Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Kosher Wheat Bread	Vegetable Lasagna Sliced Carrots Corn Applesauce Cup Kosher Wheat Bread	Roasted Turkey Breast Roasted Sweet Potatoes Peas Peach Cup Kosher Wheat Bread	Chicken Breast w/Gravy Carrot Tzimmes Egg Barley Pineapple Tidbits Kosher Wheat Bread	Spaghetti & Meatballs Spaghetti Sauce Peas Fresh Orange Kosher Wheat Bread	Salisbury Steak Mashed Potatoes Corn Peas Fresh Banana Kosher Wheat Bread	Stuffed Cabbage w/ Beef Peas Carrots Fresh Apple Kosher Wheat Bread

	Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	Sunday June 2
W E E K 2	Chicken Chow Mein Rice Egg Rolls Fresh Orange Kosher Wheat Bread	Meat Loaf Potato Pudding Peas Carrots Applesauce Cup Kosher Wheat Bread	Baked Fish Penne Pasta Green Beans Carrots Fresh Orange Kosher Wheat Bread	Cheese Ravioli Green Beans Peas Pineapple Tidbits Kosher Wheat Bread	Beef Stew w/ Gravy Red Skin Potatoes Peas and Carrots Fresh Orange Kosher Wheat Bread	Eggplant Parmigiana Spaghetti Peas Carrots Peach Cup Kosher Wheat Bread	Vegetable Stuffed Peppers Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Kosher Wheat Bread

	Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	Sunday June 9
W E E K 3	Chicken In a Pot Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Kosher Wheat Bread	Vegetable Lasagna Sliced Carrots Corn Applesauce Cup Kosher Wheat Bread	Roasted Turkey Breast Roasted Sweet Potatoes Peas Peach Cup Kosher Wheat Bread	Chicken Breast w/Gravy Carrot Tzimmes Egg Barley Pineapple Tidbits Kosher Wheat Bread	Spaghetti & Meatballs Spaghetti Sauce Peas Fresh Orange Kosher Wheat Bread	Salisbury Steak Mashed Potatoes Corn Peas Fresh Banana Kosher Wheat Bread	Stuffed Cabbage w/ Beef Peas Carrots Fresh Apple Kosher Wheat Bread

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 MENUS APPROVED BY: Brian Polzner, MS, RD, LD

Call for more menu options – 614-278-3152

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

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

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