

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 AUGUST 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 July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27	Sunday July 28
<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 Macaroni Salad (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 July 29	Tuesday July 30	Wednesday July 31	Thursday August 1	Friday August 2	Saturday August 3	Sunday August 4
<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 <b>Ambrosia 'NEW'</b> (1) Fiesta Slaw (1)	<b>Tuna Salad Greek Pasta Salad 'NEW' (2)</b> 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 August 5	Tuesday August 6	Wednesday August 7	Thursday August 8	Friday August 9	Saturday August 10	Sunday August 11
<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 Macaroni Salad (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 August 12	Tuesday August 13	Wednesday August 14	Thursday August 15	Friday August 16	Saturday August 17	Sunday August 18
<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 <b>Ambrosia 'NEW'</b> (1) Fiesta Slaw (1)	<b>Tuna Salad Greek Pasta Salad 'NEW' (2)</b> 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 August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24	Sunday August 25
<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 Macaroni Salad (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)



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



# (614) 278-3152

Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27	Sunday July 28
<b>Fiesta Bowl</b> Brown Rice (2) Black Beans (1) Topped w/Peppers Onions & Cheese Diced Carrot Corn (1) Fresh Orange (2)	<b>Split Menu Day</b> <b>(A) Kielbasa with Sauerkraut (1)</b> Roasted Potato(1) Cinn. Apples (1) <b>(R) Burger Parm</b> Whole Grain Penne Pasta(3) Marinara (1) Green Bean Carrott Coins	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Mac &amp; Cheese (2)</b> Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	<b>Split Menu Day</b> <b>(A) Country Fried Pork (1)</b> Carrot Coins (1) Fiesta Black Beans <b>(R) Chicken Taco Bowl</b> Roasted Veg Slaw Wheat Bread (1)	<b>BBQ Chicken Breast (1)</b> Rosemary & Garlic Potatoes (1) Green Beans Fresh Banana (2) Wheat Bread (1)	<b>Beef Ravioli (2)</b> Corn (1) Pineapple Betty (1) Wheat Bread (1)
Monday July 29	Tuesday July 30	Wednesday July 31	Thursday August 1	Friday August 2	Saturday August 3	Sunday August 4
<b>Hamburger</b> Mashed Sweet Potato (1) Broccoli Fresh Apple (1) Hamburger Bun (1)	<b>Split Menu Day</b> <b>(A) Baked Beans w/cornbread</b> <b>(R) Chicken Nuggets (1)</b> Green Beans Carrot Coins Fresh Banana (2) Wheat Bread (1)	<b>Popcorn Chicken Bowl (1)</b> Mashed Potatoes w/ pepper gravy & Cheesr(2) Corn (1) Fresh Banana (2)	<b>Farmers Mkt Cheese Omelet</b> Peppers, onions Spinach (1) Brkfst potatoes(1) Fresh Apple (2) Wheat Bread (1)	<b>Split Menu Day</b> <b>(A) BBQ Pork Riblet</b> Mashed Potatoes <b>(R) Cheddar Pierogis/Onions</b> Carrot Coins Peas (1) Fresh Banana (2)	<b>Chicken Rice Casserole (1)</b> Calif. Veggies (1) Scalloped Potatoes (1) Wheat Bread (1)	<b>Beef Stew (1) &amp; Biscuit</b> Broccoli Maple Roasted Sweet Potatoes (1) Fresh Orange(2)
Monday August 5	Tuesday August 6	Wednesday August 7	Thursday August 8	Friday August 9	Saturday August 10	Sunday August 11
<b>Chicken Biscuit &amp; Gravy (2)</b> California Blend Vegetables Cinnamon Applesauce (1)	<b>Split Menu Day</b> <b>(A)Fish Wedge w/Marinara (2)</b> <b>(R)Chicken Teriyaki w/Linguine(2)</b> 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> <b>(A)Sausage Gravy &amp; Biscuit</b> <b>(R) Breaded Potato Fish (1)</b> Tri Color Potato Medley (1) Green Beans Fresh Banana (2)	<b>Chicken &amp; Dumplings (2)</b> Broccoli Pineapple Betty (1) Wheat Bread (1)	<b>Country Fried Steak (1)</b> Mashed Potatoes (2) Seasoned Beets (1) Oregon Bean Medley (1)
Monday August 12	Tuesday August 13	Wednesday August 14	Thursday August 15	Friday August 16	Saturday August 17	Sunday August 18
<b>Chicken Mornay</b> Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> <b>(R) Fried Rice w/ Chicken</b> Oriental Veggies <b>(A)Spaghetti w/ TurkeyMeatball</b> 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> <b>(A)Italian Sausage w/ Peppers and onions(1)</b> <b>Corn</b> Baked Beans (2) <b>(R) Cheese Lasagna (2) w/Peas(1)</b> Wheat Bread (1)	<b>Cheese Stuffed Shells (1)</b> Tomato Basil Sauce Peas and Mushrooms (1) Pineapple Betty(1) Wheat Bread (1)	<b>Pot Roast and Gravy</b> Brown Rice(2) Mixed Veggies Tri-Fruit Crunch(1)
Monday August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24	Sunday August 25
<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> <b>(A) Kielbasa with Sauerkraut (1)</b> Roasted Potato(1) Cinn. Apples (1) <b>(R) Burger Parm</b> 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> <b>(A) Country Fried Pork (1)</b> Carrot Coins (1) Fiesta Black Beans <b>(R) Chicken Taco Bowl</b> Roasted Veg Slaw Wheat Bread (1)	<b>BBQ Chicken Breast (1)</b> Rosemary & Garlic Potatoes (1) Green Beans Fresh Orange (2) Wheat Bread (1)	<b>Beef Ravioli (2)</b> Corn (1) Pineapple 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>	<p>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.</p>
Rice w/celery onion (1)	
Diced Carrots	
Fresh apple (1)	
Wheat bread (1)	

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Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27	Sunday July 28
<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 Macaroni Salad (2)</b> Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>

Monday July 29	Tuesday July 30	Wednesday July 31	Thursday August 1	Friday August 2	Saturday August 3	Sunday August 4
<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 <b>Ambrosia 'NEW'</b> (1) Fiesta Slaw (1)	<b>Tuna Salad Greek Pasta Salad 'NEW' (2)</b> Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>

Monday August 5	Tuesday August 6	Wednesday August 7	Thursday August 8	Friday August 9	Saturday August 10	Sunday August 11
<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 Macaroni Salad (2)</b> Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>

Monday August 12	Tuesday August 13	Wednesday August 14	Thursday August 15	Friday August 16	Saturday August 17	Sunday August 18
<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 <b>Ambrosia 'NEW'</b> (1) Fiesta Slaw (1)	<b>Tuna Salad Greek Pasta Salad 'NEW' (2)</b> Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>

Monday August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24	Sunday August 25
<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 Macaroni Salad (2)</b> Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>



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Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27	Sunday July 28
<b>Fiesta Bowl</b> Brown Rice (2) Black Beans (1) Topped w/Peppers Onions & Cheese Diced Carrot Corn (1) Fresh Orange (2)	<b>Split Menu Day</b> <b>(A) Kielbasa with Sauerkraut (1)</b> Roasted Potato(1) Cinn. Apples (1) <b>(R) Burger Parm</b> Whole Grain Penne Pasta(3) Marinara (1) Green Bean Carrot Coins	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Mac &amp; Cheese (2)</b> Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	<b>Split Menu Day</b> <b>(A) Country Fried Pork (1)</b> Carrot Coins (1) Fiesta Black Beans <b>(R) Chicken Taco Bowl</b> Roasted Veg Slaw Wheat Bread (1)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>
Monday July 29	Tuesday July 30	Wednesday July 31	Thursday August 1	Friday August 2	Saturday August 3	Sunday August 4
<b>Hamburger</b> Mashed Sweet Potato (1) Broccoli Fresh Apple (1) Hamburger Bun (1)	<b>Split Menu Day</b> <b>(A) Baked Beans w/cornbread</b> <b>(R) Chicken Nuggets (1)</b> Green Beans Carrot Coins Fresh Banana (2) Wheat Bread (1)	<b>Popcorn Chicken Bowl (1)</b> Mashed Potatoes w/ pepper gravy & Cheesr(2) Corn (1) Fresh Banana (2)	<b>Farmers Mkt Cheese Omelet</b> Peppers, onions Spinach (1) Brkfst potatoes(1) Fresh Apple (2) Wheat Bread (1)	<b>Split Menu Day</b> <b>(A) BBQ Pork Riblet</b> Mashed Potatoes <b>(R) Cheddar Pierogis/Onions</b> Carrot Coins Peas (1) Fresh Banana (2)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>
Monday August 5	Tuesday August 6	Wednesday August 7	Thursday August 8	Friday August 9	Saturday August 10	Sunday August 11
<b>Chicken Biscuit &amp; Gravy (2)</b> California Blend Vegetables Cinnamon Applesauce (1)	<b>Split Menu Day</b> <b>(A) Fish Wedge w/Marinara (2)</b> <b>(R) Chicken Teriyaki w/Linguine(2)</b> 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> <b>(A) Sausage Gravy &amp; Biscuit</b> <b>(R) Breaded Potato Fish (1)</b> Tri Color Potato Medley (1) Green Beans Fresh Banana (2)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>
Monday August 12	Tuesday August 13	Wednesday August 14	Thursday August 15	Friday August 16	Saturday August 17	Sunday August 18
<b>Chicken Mornay</b> Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> <b>(R) Fried Rice w/ Chicken</b> Oriental Veggies <b>(A) Spaghetti w/ Turkey Meatball</b> 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> <b>(A) Italian Sausage w/ Peppers and onions(1)</b> Corn Baked Beans (2) <b>(R) Cheese Lasagna (2) w/Peas(1)</b> Wheat Bread (1)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>
Monday August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24	Sunday August 25
<b>Chicken Mornay</b> Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<b>Split Menu Day</b> <b>(R) Fried Rice w/ Chicken</b> Oriental Veggies <b>(A) Spaghetti w/ Turkey Meatball</b> 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> <b>(A) Country Fried Pork (1)</b> Carrot Coins (1) Fiesta Black Beans <b>(R) Chicken Taco Bowl</b> Roasted Veg Slaw Wheat Bread (1)	 <b>NO SERVICE</b>	 <b>NO SERVICE</b>

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

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## Weekly Frozen Delivery Menu AUGUST 2019

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	Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27	Sunday July 28
WEEK 1	<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 July 29	Tuesday July 30	Wednesday July 31	Thursday August 1	Friday August 2	Saturday August 3	Sunday August 4
WEEK 2	<b>Fiesta Bowl</b> Brown Rice Fiesta Black Beans Topped w/Peppers Onions & Cheese Diced Carrots Corn Fresh Orange	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<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>  	<b>BBQ Chicken Breast</b> Rosemary & Garlic Potatoes Green Beans Fresh Banana Wheat Bread	<b>Beef Ravioli</b> Corn Pineapple Betty Wheat Bread
	Monday August 5	Tuesday August 6	Wednesday August 7	Thursday August 8	Friday August 9	Saturday August 10	Sunday August 11
WEEK 3	<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>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 4</b>	<b>Monday August 12</b>	<b>Tuesday August 13</b>	<b>Wednesday August 14</b>	<b>Thursday August 15</b>	<b>Friday August 16</b>	<b>Saturday August 17</b>	<b>Sunday August 18</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>  LIFECARE ALLIANCE <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
<b>W E E K 1</b>	<b>Monday August 19</b>	<b>Tuesday August 20</b>	<b>Wednesday August 21</b>	<b>Thursday August 22</b>	<b>Friday August 23</b>	<b>Saturday August 24</b>	<b>Sunday August 25</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>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<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

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LifeCare Alliance Proudly Serves:







## Daily Vegetarian Delivery Menu AUGUST 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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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.**

	Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27	Sunday July 28
<b>W E E K 1</b>	<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>Waffle &amp; Veggie Sausage Breakfast w/ Syrup</b> 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> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>   <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

	Monday July 29	Tuesday July 30	Wednesday July 31	Thursday August 1	Friday August 2	Saturday August 3	Sunday August 4
<b>W E E K 2</b>	<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 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>

	Monday August 5	Tuesday August 6	Wednesday August 7	Thursday August 8	Friday August 9	Saturday August 10	Sunday August 11
<b>W E E K 3</b>	<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>Waffle &amp; Veggie Sausage Breakfast w/ Syrup</b> 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> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>   <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

	Monday August 12	Tuesday August 13	Wednesday August 14	Thursday August 15	Friday August 16	Saturday August 17	Sunday August 18
W E E K 4	<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 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>

	Monday August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24	Sunday August 25
W E E K 5	<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>Waffle &amp; Veggie Sausage Breakfast w/ Syrup</b> 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> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

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LifeCare Alliance Proudly Serves:





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 8:30am the day of delivery.

## Daily Mechanical Delivery Menu AUGUST 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	<b>Monday July 22</b>	<b>Tuesday July 23</b>	<b>Wednesday July 24</b>	<b>Thursday July 25</b>	<b>Friday July 26</b>	<b>Saturday July 27</b>	<b>Sunday July 28</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  2	<b>Monday July 29</b>	<b>Tuesday July 30</b>	<b>Wednesday July 31</b>	<b>Thursday August 1</b>	<b>Friday August 2</b>	<b>Saturday August 3</b>	<b>Sunday August 4</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>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 Carrot 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
W E E K  3	<b>Monday August 5</b>	<b>Tuesday August 6</b>	<b>Wednesday August 7</b>	<b>Thursday August 8</b>	<b>Friday August 9</b>	<b>Saturday August 10</b>	<b>Sunday August 11</b>
	<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

W E E K 4	<b>Monday August 12</b>	<b>Tuesday August 13</b>	<b>Wednesday August 14</b>	<b>Thursday August 15</b>	<b>Friday August 16</b>	<b>Saturday August 17</b>	<b>Sunday August 18</b>
	<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 Scalloped Potatoes Wheat Bread
W E E K 5	<b>Monday August 19</b>	<b>Tuesday August 20</b>	<b>Wednesday August 21</b>	<b>Thursday August 22</b>	<b>Friday August 23</b>	<b>Saturday August 24</b>	<b>Sunday August 25</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

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## Daily Kosher Delivery Menu AUGUST 2019

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 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 July 22</b>	<b>Tuesday July 23</b>	<b>Wednesday July 24</b>	<b>Thursday July 25</b>	<b>Friday July 26</b>	<b>Saturday July 27</b>	<b>Sunday July 28</b>
	<b>Chicken Chow Mein</b> Rice Egg Rolls Fresh Orange  Kosher Wheat Bread	<b>Meat Loaf</b> Potato Pudding Peas Carrots Applesauce Cup  Kosher Wheat Bread	<b>Baked Fish</b> Penne Pasta Green Beans Carrots Fresh Orange  Kosher Wheat Bread	<b>Cheese Ravioli</b> Green Beans Peas Pineapple Tidbits  Kosher Wheat Bread	<b>Beef Stew w/ Gravy</b> Red Skin Potatoes Peas and Carrots Fresh Orange  Kosher Wheat Bread	<b>Eggplant Parmigiana</b> Spaghetti Peas Carrots Peach Cup  Kosher Wheat Bread	<b>Vegetable Stuffed Peppers</b> Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks
W E E K  2	<b>Monday July 29</b>	<b>Tuesday July 30</b>	<b>Wednesday July 31</b>	<b>Thursday August 1</b>	<b>Friday August 2</b>	<b>Saturday August 3</b>	<b>Sunday August 4</b>
	<b>Chicken In a Pot</b> Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange  Kosher Wheat Bread	<b>Vegetable Lasagna</b> Sliced Carrots Corn Applesauce Cup  Kosher Wheat Bread	<b>Roasted Turkey Breast</b> Roasted Sweet Potatoes Peas Peach Cup  Kosher Wheat Bread	<b>Chicken Breast w/Gravy</b> Carrot Tzimmes Egg Barley Pineapple Tidbits  Kosher Wheat Bread	<b>Spaghetti &amp; Meatballs</b> Spaghetti Sauce Peas Fresh Orange  Kosher Wheat Bread	<b>Salisbury Steak</b> Mashed Potatoes Corn Peas Fresh Banana  Kosher Wheat Bread	<b>Stuffed Cabbage w/ Beef</b> Peas Carrots Fresh Apple  Kosher Wheat Bread
W E E K  3	<b>Monday August 5</b>	<b>Tuesday August 6</b>	<b>Wednesday August 7</b>	<b>Thursday August 8</b>	<b>Friday August 9</b>	<b>Saturday August 10</b>	<b>Sunday August 11</b>
	<b>Chicken Chow Mein</b> Rice Egg Rolls Fresh Orange  Kosher Wheat Bread	<b>Meat Loaf</b> Potato Pudding Peas Carrots Applesauce Cup  Kosher Wheat Bread	<b>Baked Fish</b> Penne Pasta Green Beans Carrots Fresh Orange  Kosher Wheat Bread	<b>Cheese Ravioli</b> Green Beans Peas Pineapple Tidbits  Kosher Wheat Bread	<b>Beef Stew w/ Gravy</b> Red Skin Potatoes Peas and Carrots Fresh Orange  Kosher Wheat Bread	<b>Eggplant Parmigiana</b> Spaghetti Peas Carrots Peach Cup  Kosher Wheat Bread	<b>Vegetable Stuffed Peppers</b> Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks

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## Daily Kosher Delivery Menu AUGUST 2019

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 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 August 12	Tuesday August 13	Wednesday August 14	Thursday August 15	Friday August 16	Saturday August 17	Sunday August 18
W E E K  4	<b>Chicken In a Pot</b> Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange	<b>Vegetable Lasagna</b> Sliced Carrots Corn Applesauce Cup	<b>Roasted Turkey Breast</b> Roasted Sweet Potatoes Peas Peach Cup	<b>Chicken Breast w/Gravy</b> Carrot Tzimmes Egg Barley Pineapple Tidbits	<b>Spaghetti &amp; Meatballs</b> Spaghetti Sauce Peas Fresh Orange	<b>Salisbury Steak</b> Mashed Potatoes Corn Peas Fresh Banana	<b>Stuffed Cabbage w/ Beef</b> Peas Carrots Fresh Apple
	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread

	Monday August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24	Sunday August 25
W E E K  1	<b>Chicken Chow Mein</b> Rice Egg Rolls Fresh Orange	<b>Meat Loaf</b> Potato Pudding Peas Carrots Applesauce Cup	<b>Baked Fish</b> Penne Pasta Green Beans Carrots Fresh Orange	<b>Cheese Ravioli</b> Green Beans Peas Pineapple Tidbits	<b>Beef Stew w/ Gravy</b> Red Skin Potatoes Peas and Carrots Fresh Orange	<b>Eggplant Parmigiana</b> Spaghetti Peas Carrots Peach Cup	<b>Vegetable Stuffed Peppers</b> Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks
	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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