

JUNE 2023

Daily Homestyle Delivery Menu



IF YOU NEED TO CANCEL, PLEASE CALL 614-278-3152 OR EMAIL NUTRITIONOPS@LIFECAREALLIANCE.ORG BY 8:30 A.M.



Menus are Subject to Change | Menus approved by: Penny S. Rudy, RD, LD CPFS

Meeting People Where They Live Since 1898

28 SUNDAY	29 MONDAY	30 TUESDAY	31 WEDNESDAY	1 THURSDAY	2 FRIDAY	3 SATURDAY
Breakfast Skillet ♥ Capri Blend Vegetables ♥ Vegetarian Sausage Patty	Blueberry Pancakes ♥ Scrambled Eggs ♥ Turkey Sausage Links	Grilled Chicken Breast ♥ Mixed Vegetables ♥ Wheat Bread ♥ Orange Alt. Chicken Fritter Sandwich ♥ Baked Beans ♥ Cinnamon Pears	Chicken & Dumplings ♥ Broccoli ♥ Pineapple Betty	Farmers Market Omelet ♥ Breakfast Potatoes ♥ Red Delicious Apple ♥ Italian Green Beans	Sausage Gravy & Biscuit ♥ Rosemary Garlic Potatoes ♥ Green Beans Alt. Cheese Pierogis ♥ Caramelized Onions ♥ Peas ♥ Carrot Coins ♥ Banana	Chicken Rice Casserole ♥ Italian Blend Vegetables ♥ Scalloped Potatoes
4	5	6	7	8	9	10
Chicken Mornay ♥ Brown Rice ♥ Peas with Mushrooms	BBQ Chicken Breast ♥ Rosemary & Garlic Potatoes ♥ Green Beans ♥ Banana ♥ Wheat Bread	Spaghetti & Meatballs ♥ Carrot Coins ♥ Corn Alt. Chicken Parmesan ♥ Green Beans ♥ Carrot Coins	Waffle & Vegetarian Sausage ♥ Hash Brown Potato Wedge ♥ Diced Pears	Hamburger and Macaroni & Cheese ♥ Broccoli ♥ Red Delicious Apple	Pork Riblet ♥ Peas ♥ Carrot Coins ♥ Banana Alt. Cheese Manicotti ♥ Green Beans ♥ Diced Peaches	Country Fried Steak ♥ Mashed Potatoes ♥ Peas & Carrots ♥ Oregon Bean Medley
11	12	13	14	15	16	17
Santa Fe Chicken ♥ Fire Roasted Corn ♥ Salsa Rice	Popcorn Chicken Bowl ♥ Mashed Potatoes ♥ Corn ♥ Banana	Italian Sausage ♥ Corn ♥ Baked Beans Alt. Cheese Stuffed Shells ♥ Peas & Mushrooms ♥ Cinnamon Pears	Salisbury Steak ♥ Mashed Potatoes ♥ Corn ♥ Cinnamon Applesauce	Broccoli Cheese Casserole ♥ Diced Peaches ♥ California Blend	Country Fried Pork ♥ Fiesta Black Beans ♥ Carrot Coins ♥ Dinner Roll Alt. Cheese Lasagna ♥ Peas ♥ Corn	Cheese Tortellini ♥ Mixed Vegetables ♥ Diced Carrots ♥ Banana
18	19	20	21	22	23	24
Farmers Market Omelet ♥ Breakfast Potatoes ♥ Apple	Chicken Nuggets ♥ Roasted Brussel Sprouts ♥ Italian Blend ♥ Banana ♥ Wheat Bread	Burger Parmesan ♥ Corn ♥ Green Beans Alt. Fish Marinara ♥ Oregon Bean Medley ♥ Cinnamon Apples	Potato Breaded Fish ♥ Maple Roasted Sweet Potatoes ♥ Succotash ♥ Banana	Meatloaf & Gravy ♥ Mashed Potatoes ♥ Diced Carrots ♥ Diced Peaches	Kielbasa ♥ Sauerkraut ♥ Rosemary Garlic Potatoes ♥ Cinnamon Diced Apples Alt. Macaroni & Cheese ♥ Green Beans ♥ Cinnamon Diced Apples	Three Bean Chili ♥ Cornbread ♥ Carrot Coins ♥ Green Beans ♥ Banana
25	26	27	28	29	30	
Breakfast Skillet ♥ Capri Blend Vegetables ♥ Vegetarian Sausage Patty	Blueberry Pancakes ♥ Scrambled Eggs ♥ Turkey Sausage Links	Grilled Chicken Breast ♥ Mixed Vegetables ♥ Wheat Bread ♥ Orange Alt. Chicken Fritter Sandwich ♥ Baked Beans ♥ Cinnamon Pears	Chicken & Dumplings ♥ Broccoli ♥ Pineapple Betty	Farmers Market Omelet ♥ Italian Green Beans ♥ Breakfast Potatoes ♥ Red Delicious Apple	Sausage Gravy & Biscuit ♥ Broccoli ♥ Green Beans Alt. Cheese Pierogis ♥ Peas ♥ Carrot Coins ♥ Banana	



IMPACT Safety

June 15 is Elder Abuse Awareness Day, so we're sharing tips on recognizing and preventing elder abuse in our community. Red flags include emotional/behavioral changes, sudden bruising, untreated bed sores, and unpaid bills or changes to a will.

One in 10 Americans over 60 experience elder abuse from a caregiver or loved one. If you have concerns about elder abuse, take advantage of IMPACT Safety, our program that teaches the skills needed to reduce the risk of abuse and live with confidence. Visit impactsafety.org to learn more.

All meals include 8oz. milk. Exact serving sizes and detailed nutritional information available upon request.

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Bagel & Cream Cheese ♥ Fiesta Slaw ♥ Kidney Bean Salad ♥ Fresh Orange	Egg Salad Sandwich ♥ Springtime Pasta Salad ♥ Kidney Bean Salad ♥ Banana	Chicken Chef Salad ♥ Salad Crackers ♥ Diced Peaches	Roast Beef Sandwich ♥ Cinnamon Applesauce ♥ Cole Slaw	Chicken Salad Fruit Plate ♥ Club Crackers ♥ Pineapple Tidbits ♥ Baby Carrots	Tuna Salad ♥ Orange Wedges ♥ Greek Pasta Salad ♥ Red Delicious Apple	Cottage Cheese Fruit Plate ♥ Diced Peaches ♥ Pear Half ♥ Club Crackers
4	5	6	7	8	9	10
Turkey Provolone Sandwich ♥ Cinnamon Applesauce ♥ Three Bean Salad ♥ Banana	Chicken Taco Salad ♥ Tortilla Strips ♥ Springtime Pasta Salad ♥ Banana	Chicken Pasta Salad ♥ Mixed Bean Salad ♥ Carrot Raisin Salad	Turkey Chef Salad ♥ Salad Crackers ♥ Pineapple Tidbits	Turkey Sandwich ♥ Ambrosia ♥ Fiesta Slaw	Seafood Salad ♥ Macaroni Salad ♥ Orange Wedges ♥ Banana	Ham & Swiss Sandwich ♥ Diced Pears ♥ Four Bean Salad
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