

June | Homestyle Menu

If you need to cancel, please call 614-278-3152 or email nutritionops@lifecarealliance.org by 8:30 am



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Breakfast Skillet Capri blend vegetables, vegetarian sausage patty	27 Blueberry Pancakes Scrambled eggs, turkey sausage links	28 Grilled Chicken Breast Mixed vegetables, wheat bread, orange, scalloped potatoes Alt. Chicken Fritter Sandwich Baked beans, cinnamon pears	29 Chicken & Dumplings Broccoli, pineapple betty	30 Farmers Market Omelet Breakfast potatoes, red delicious apple, Italian green beans	31 Sausage Gravy & Biscuit Rosemary garlic potatoes, green beans Alt. Cheese Pierogis Caramelized onions, peas, carrot coins, banana	01 Chicken Rice Casserole Italian blend vegetables, scalloped potatoes
02 Chicken Mornay Brown rice, peas with mushrooms	03 BBQ Chicken Breast Rosemary garlic potatoes, green beans, banana, wheat bread	04 Spaghetti & Meatballs Carrot coins, corn Alt. Chicken Parmesan Green beans, carrot coins	05 Waffle & Vegetarian Sausage Hash brown potato wedge, diced pears	06 Hamburger and Mac n Cheese Broccoli, red delicious apple	07 Pork Riblet & Mashed Potatoes Peas, carrot coins, banana Alt. Cheese Manicotti Green beans, diced peaches	08 Country Fried Steak Mashed potatoes, peas and carrots, Oregon bean medley
09 Santa Fe Chicken Fire roasted corn, salsa rice	10 Popcorn Chicken Bowl Mashed potatoes, corn, banana	11 Italian Sausage Corn, baked beans Alt. Cheese Stuffed Shells Peas and mushrooms, cinnamon pears	12 Salisbury Steak Mashed potatoes, corn, cinnamon applesauce	13 Broccoli Cheese Casserole Diced peaches, California blend vegetables	14 Country Fried Pork Fiesta black beans, carrot coins, dinner roll Alt. Cheese Lasagna Peas, corn	15 Chicken Alfredo Broccoli, diced carrots, banana
16 Farmers Market Omelet Breakfast potatoes, apple	17 Chicken Nuggets Roasted brussel sprouts, Italian blend vegetables, banana, wheat bread	18 Burger Parmesan Corn, green beans Alt. Fish Marinara Oregon bean medley, cinnamon apples	19 Potato Breaded Fish Maple roasted sweet potatoes, succotash, banana	20 Meatloaf & Gravy Mashed potatoes, diced carrots, diced peaches	21 Kielbasa Sauerkraut, rosemary garlic potatoes, cinnamon diced apples Alt. Macaroni & Cheese Green beans, cinnamon diced apples	22 Three Bean Chili Cornbread, carrot coins, green beans, banana
23 Breakfast Skillet Capri blend vegetables, vegetarian sausage patty	24 Blueberry Pancakes Scrambled eggs, turkey sausage links	25 Grilled Chicken Breast Mixed vegetables, wheat bread, orange, scalloped potatoes Alt. Chicken Fritter Sandwich Baked beans, cinnamon pears	26 Chicken & Dumplings Broccoli, pineapple betty	27 Farmers Market Omelet Breakfast potatoes, red delicious apple, Italian green beans	28 Sausage Gravy & Biscuit Rosemary garlic potatoes, green beans Alt. Cheese Pierogis Caramelized onions, peas, carrot coins, banana	29 Chicken Rice Casserole Italian blend vegetables, scalloped potatoes
30 Chicken Mornay Brown rice, peas with mushrooms						



Feeding Both You and Your Pet

At LifeCare Alliance, we care about your entire well-being, and that extends to your furry friends. Pets not only bring companionship, but they can reduce depression, lower blood pressure, and ensure a safe living environment. LifeCare Alliance Senior Pet Care provides pet food and supplies to clients, so you can keep your pets healthy and happy. Email us today. pets@lifecarealliance.org

All meals include 8oz. milk. Exact serving sizes and detailed nutritional information available upon request. For questions regarding service call: 614-278-3152 | lifecarealliance.org Menus are Subject to Change | Menus approved by: Penny S. Rudy, RD, LD CPFS



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26 Bagel & Cream Cheese Fiesta slaw, kidney bean salad, orange	27 Chicken Salad Fruit Plate Club crackers, pineapple tidbits, baby carrots, grapes	28 Chicken Chef Salad Salad crackers, diced peaches	29 Roast Beef Sandwich Cinnamon applesauce, coleslaw	30 Egg Salad Sandwich Springtime pasta salad, kidney bean salad, banana	31 Tuna Salad Orange wedges, Greek pasta salad, red delicious apple	01 Cottage Cheese Fruit Plate Diced peaches, pear half, club crackers
02 Turkey Provolone Sandwich Cinnamon applesauce, three bean salad, banana	03 Chicken Taco Salad Tortilla strips, springtime pasta salad, banana	04 Chicken Pasta Salad Mixed bean salad, carrot raisin salad	05 Turkey Chef Salad Salad crackers, pineapple tidbits	06 Turkey Sandwich Ambrosia, fiesta slaw	07 Seafood Salad Macaroni salad, orange wedges, banana	08 Ham & Swiss Sandwich Diced pears, four bean salad
09 Bagel & Cream Cheese Fiesta slaw, kidney bean salad, orange	10 Chicken Salad Fruit Plate Club crackers, pineapple tidbits, baby carrots, grapes	11 Chicken Chef Salad Salad crackers, diced peaches	12 Roast Beef Sandwich Cinnamon applesauce, coleslaw	13 Egg Salad Sandwich Springtime pasta salad, kidney bean salad, banana	14 Tuna Salad Orange wedges, Greek pasta salad, red delicious apple	15 Cottage Cheese Fruit Plate Diced peaches, pear half, club crackers
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