

December | Homestyle Menu



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 Farmers Market Omelet <ul style="list-style-type: none"> Breakfast potatoes Apple 	02 Chicken Nuggets <ul style="list-style-type: none"> Italian blend Banana Wheat bread 	03 Carrie's Homestyle Chicken & Noodles <ul style="list-style-type: none"> Mashed potatoes Fish Marinara <ul style="list-style-type: none"> Oregon bean medley Cinnamon apples 	04 Burger Parmesan <ul style="list-style-type: none"> Corn Green beans 	05 Meatloaf & Gravy <ul style="list-style-type: none"> Mashed potatoes Diced carrots Diced peaches 	06 Kielbasa <ul style="list-style-type: none"> Sauerkraut Rosemary garlic potatoes Cinnamon diced pears Macaroni & Cheese <ul style="list-style-type: none"> Green beans Cinnamon diced pears 	07 Three Bean Chili <ul style="list-style-type: none"> Cornbread Carrot coins Green beans Banana
08 Breakfast Skillet <ul style="list-style-type: none"> Capri blend vegetables Turkey sausage 	09 Pancakes with Blueberry Sauce <ul style="list-style-type: none"> Whole grain pancake Blueberry topping Scrambled eggs Turkey sausage 	10 Grilled Chicken Breast <ul style="list-style-type: none"> Red skinned potatoes Mixed vegetables Chicken Fritter Sandwich <ul style="list-style-type: none"> Chicken fritter patty Cinnamon pears Baked beans 	11 Chicken & Dumplings <ul style="list-style-type: none"> Broccoli Pineapple betty 	12 Farmers Market Omelet <ul style="list-style-type: none"> Breakfast potatoes Apple 	13 Sausage Gravy & Biscuit <ul style="list-style-type: none"> Sausage gravy Biscuit Rosemary garlic potatoes Cheese Pirogies <ul style="list-style-type: none"> Caramelized onions Peas 	14 Country Fried Steak <ul style="list-style-type: none"> Mashed potatoes Peas and carrots Oregon bean medley
15 Chicken Mornay <ul style="list-style-type: none"> Brown rice Peas with mushrooms 	16 BBQ Chicken Breast <ul style="list-style-type: none"> Rosemary garlic potatoes Green beans Banana Wheat bread 	17 Uncle Chuck's Country Fried Steak Biscuit <ul style="list-style-type: none"> Sausage gravy Red skinned potatoes Spaghetti & Meatballs <ul style="list-style-type: none"> Turkey meatball Corn Carrot coins 	18 Waffle & Turkey Sausage <ul style="list-style-type: none"> Turkey Sausage Hash brown wedge Diced pears 	19 Hamburger & Macaroni & Cheese <ul style="list-style-type: none"> Broccoli Apple 	20 Christmas Meal <ul style="list-style-type: none"> Sliced Ham Pineapple sauce Green beans Roasted red skin potatoes Dinner roll 	21 Potato Breaded Fish <ul style="list-style-type: none"> Scalloped potatoes Succotash Banana
22 Santa Fe Chicken <ul style="list-style-type: none"> Fire roasted corn Salsa rice 	23 Popcorn Chicken Bowl <ul style="list-style-type: none"> Mashed potatoes Corn Banana 	24 Bratwurst <ul style="list-style-type: none"> Corn Baked beans Cheese Stuffed Shells <ul style="list-style-type: none"> Peas and mushrooms Cinnamon pears 	25 Christmas Meal <ul style="list-style-type: none"> Sliced Ham Pineapple sauce Green beans Roasted red skin potatoes Dinner roll 	26 Broccoli Cheese Casserole <ul style="list-style-type: none"> Diced peaches California blend vegetables 	27 Country Fried Pork <ul style="list-style-type: none"> Fiesta black beans Carrot coins Dinner roll Cheese Lasagna <ul style="list-style-type: none"> Peas Corn 	28 Chicken Alfredo <ul style="list-style-type: none"> Diced chicken Diced carrots Broccoli Banana
29 Farmers Market Omelet <ul style="list-style-type: none"> Breakfast potatoes Apple 	30 Chicken Nuggets <ul style="list-style-type: none"> Italian blend Banana Wheat bread 	31 Carrie's Homestyle Chicken & Noodles <ul style="list-style-type: none"> Mashed potatoes Fish Marinara <ul style="list-style-type: none"> Oregon bean medley Cinnamon apples 				



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For more information on these services, call 614-278-3130

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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01 Turkey Provolone Sandwich <ul style="list-style-type: none"> Cinnamon applesauce Crunchy cauliflower delight Banana 	02 Chicken Taco Salad <ul style="list-style-type: none"> Tortilla strips Springtime pasta salad Banana 	03 Chicken Pasta Salad <ul style="list-style-type: none"> Mixed bean salad Carrot raisin salad 	04 Turkey Chef Salad <ul style="list-style-type: none"> Salad crackers Pineapple tidbits 	05 Turkey Sandwich <ul style="list-style-type: none"> Ambrosia Fiesta slaw 	06 Seafood Salad <ul style="list-style-type: none"> Macaroni salad Orange wedges Banana 	07 Ham & Swiss Sandwich <ul style="list-style-type: none"> Diced pears Four bean salad
08 Bagel & Cream Cheese <ul style="list-style-type: none"> Fiesta slaw Broccoli crunch salad Orange 	09 Chicken Salad Fruit Plate <ul style="list-style-type: none"> Club crackers Pineapple tidbits Baby carrots 	10 Chicken Chef Salad <ul style="list-style-type: none"> Salad crackers Diced peaches 	11 Roast Beef Sandwich <ul style="list-style-type: none"> Cinnamon applesauce Coleslaw 	12 Egg Salad Sandwich <ul style="list-style-type: none"> Springtime pasta salad Kidney bean salad Banana 	13 Tuna Salad <ul style="list-style-type: none"> Orange wedges Greek pasta salad Red delicious apple 	14 Cottage Cheese Fruit Plate <ul style="list-style-type: none"> Diced peaches Pear half Club crackers
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