

February | Homestyle Menu



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

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



Senior Independence Month!

February is Senior Independence Month, and in addition to nutritious home delivered meals, there are other services you may qualify for.

LifeCare Alliance Nutrition, Health, and Support services are designed to help you live safely and independently in your own home – exactly where you want to be. You can manage diabetes with a registered dietitian, get assistance with housekeeping from Help-at-Home, receive falls prevention support from Wellness, and more.

For More Information
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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02 Bagel & Cream Cheese <ul style="list-style-type: none"> Fiesta slaw Broccoli crunch salad Orange 	03 Chicken Salad Fruit Plate <ul style="list-style-type: none"> Club crackers Pineapple tidbits Baby carrots 	04 Chicken Chef Salad <ul style="list-style-type: none"> Salad crackers Diced peaches 	05 Roast Beef Sandwich <ul style="list-style-type: none"> Cinnamon applesauce Coleslaw 	06 Egg Salad Sandwich <ul style="list-style-type: none"> Springtime pasta salad Kidney bean salad Banana 	07 Tuna Salad <ul style="list-style-type: none"> Orange wedges Greek pasta salad Red delicious apple 	08 Cottage Cheese Fruit Plate <ul style="list-style-type: none"> Diced peaches Pear half Club crackers
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