

June | 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
01 Chicken Mornay - Brown rice - Peas with mushroom	02 BBQ Chicken Breast - Rosemary garlic potatoes - Green beans - Orange - Wheat bread	03 Chicken Nuggets - Italian blend vegetables - Yellow wax bean - Apple - Bread Uncle Chuck's Country Fried Steak Bisucuit - Sausage gravy - Crunchy potato bites - Scrambled eggs	04 Waffle & Turkey Sausage - Turkey sausage links - Hash brown wedge - Diced pears	05 Hamburger & Macaroni & Cheese - Broccoli - Apple	06 Pork Riblet with BBQ Sauce - Mashed potatoes - Peas - Diced carrots - Banana Cheese Tortellini - Diced carrots - Mixed vegetables	07 Potato Breaded Fish - Succotash - Scalloped potatoes - Banana
08 Santa Fe Chicken - Fire roasted corn - Salsa rice - Chicken breast - Monterey jack cheese	09 Salisbury Steak with Home Style Beef Gravy - Mashed potatoes - Green beans - Cinnamon applesauce	10 Bratwurst with Peppers and Onions - Baby bakers - Baked beans Cheese Stuffed Shells - Peas and mushrooms - Cinnamon pears	11 Popcorn Chicken Bowl - Corn - Orange	12 Hearty Vegetable Stew - Asparagus - Banana - Harvest grain medley	13 Country Fried Pork - Pork gravy - Mashed potatoes - Peas Cheese Lasagna - Peas - Corn	14 Chicken Alfredo - Diced chicken - Diced carrots - Broccoli - Banana
15 Farmers Market Omelet - Breakfast potatoes - Apple - Broccoli	16 Meatloaf with Home Style Beef Gravy - Mashed potatoes - Diced carrots - Diced peaches	17 Carrie's Homestyle Chicken & Noodles - Mashed potatoes - Peas and carrots Fish Marinara - Oregon bean medley - Cinnamon apples	18 Johnny Marzetti - Whole grain penne pasta - Marinara sauce - Ground beef crumbles - Mozzarella cheese - Green beans - Corn	19 Spaghetti & Meatballs - Linguine noodles - Turkey meatballs - Diced carrots - Corn	20 Kielbasa w/ Sauerkraut - Rosemary garlic potatoes - Cinnamon diced pears Macaroni & Cheese - Green beans - Cinnamon diced pears	21 Three Bean Chili - Cornbread - Carrot coins - Green beans - Banana
22 Breakfast Skillet - Breakfast potatoes - Fired egg patty - Capri blend - Turkey sausage links	23 Creamy Cheesy Chicken Bake - Chicken breast - Mornay Sauce - Brown rice - Peas with mushrooms	24 Grilled Chicken Breast - Crunchy potato bites - Mixed vegetables - Wheat bread - Orange Chicken Fritter Sandwich - Baked beans - Cinnamon pears - Hamburger bun	25 Chicken & Dumplings - Diced chicken - Dumplings - Chicken and dumpling gravy - Broccoli - Pineapple betty	26 Farmers Market Omelet - Cheese omelet - Peppers & onion - Italian green beans - Breakfast potatoes - Red delicious apple	27 Sausage Gravy & Biscuit - Rosemary garlic potatoes - Green beans Cheese Ravioli - Marinara sauce - Peas - Diced Carrots - Banana	28 Country Fried Steak - Country fried steak - Country fired steak gravy - Mashed potatoes - Peas and carrots - Oregon bean medley
29 Waffles and Turkey Sausages - Whole grain waffle - Turkey sausage links - Hashbrown potato wedge - Diced pears	30 BBQ Chicken Breast - Rosemary garlic potatoes - Green beans - Orange - Wheat bread					



Learn about your nutrition!

We aim to provide great, nutritious food, but also additional nutritional education. Please scan the QR code with your phone to access the educational documents and complete an optional survey on what you learned!



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower and broccoli delight • Banana	02 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • Corn and bean mix • French dressing	03 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	04 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	05 Turkey Sandwich • Ambrosia • Fiesta slaw	06 Seafood Salad • Macaroni salad • Orange wedges • Banana • Slider bun	07 Ham & Swiss Sandwich • Diced pears • Four bean salad
08 Bagel & Cream Cheese • Fiesta slaw • Broccoli crunch salad • Orange	09 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	10 Chicken Chef Salad • Salad crackers • Diced peaches • Baby carrots • Ranch dressing	11 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	12 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	13 Tuna Salad • Orange wedges • Greek pasta salad • Red delicious apple • Slider bun	14 Cottage Cheese Fruit Plate • Diced peaches • Pear half • Club crackers
15 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy and broccoli cauliflower delight • Banana	16 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • Corn and bean mix • French dressing	17 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	18 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	19 Turkey Sandwich • Ambrosia • Fiesta slaw	20 Seafood Salad • Macaroni salad • Orange wedges • Banana • Slider bun	21 Ham & Swiss Sandwich • Diced pears • Four bean salad
22 Bagel & Cream Cheese • Fiesta slaw • Broccoli crunch salad • Orange	23 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	24 Chicken Chef Salad • Salad crackers • Diced peaches • Baby carrots • Ranch dressing	25 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	26 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	27 Tuna Salad • Orange wedges • Greek pasta salad • Red delicious apple • Slider bun	28 Cottage Cheese Fruit Plate • Diced peaches • Pear half • Club crackers
29 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower and broccoli delight • Banana	30 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • Corn and bean mix • French dressing					



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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

