

August | 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
27 Waffles and Turkey Sausages • Whole grain waffle • Turkey sausage links • Hashbrown potato wedge • Dices pears	28 BBQ Chicken Breast • Rosemary garlic potatoes • Green beans • Orange • Wheat bread	29 Chicken Nuggets • Italian blend vegetables • Apple • Bread • Yellow wax beans Uncle Chuck's Country Fried Steak Biscuit • Crunchy potato bites • Scrambled eggs	30 Waffle & Turkey Sausage • Turkey sausage links • Hash brown wedge • Diced pears	31 Hamburger & Macaroni & Cheese • Broccoli • Apple	01 Pork Riblet with BBQ Sauce • Mashed potatoes • Peas • Carrot coins • Banana Cheese Tortellini • Diced carrots • Mixed vegetables	02 Potato Breaded Fish • Succotash • Scalloped potatoes • Banana
03 Santa Fe Chicken • Fire roasted corn • Salsa rice • Chicken breast • Monterey jack cheese	04 Salisbury Steak with Home Style Beef Gravy • Mashed potatoes • Green beans • Cinnamon applesauce	05 Bratwurst with Peppers and Onions • Baby bakers • Baked beans Cheese Stuffed Shells • Peas and mushrooms • Cinnamon pears	06 Chicken Nuggets • Italian blend vegetables • Apple • Bread • Yellow wax beans	07 Hearty Vegetable Stew • Harvest grain medley • Asparagus • Banana	08 Country Fried Pork • Peas • Mashed potatoes Cheese Lasagna • Peas • Corn	09 Chicken Alfredo • Diced chicken • Diced carrots • Broccoli • Banana
10 Farmers Market Omelet • Breakfast potatoes • Apple • Broccoli • Peppers and onions	11 Meatloaf with Home Style Beef Gravy • Mashed potatoes • Diced carrots • Diced peaches	12 Carrie's Homestyle Chicken & Noodles • Mashed potatoes • Peas and carrots Fish Marinara • Oregon bean medley • Cinnamon apples	13 Popcorn Chicken Bowl • Corn • Orange • Popcorn chicken • Mashed potatoes	14 Spaghetti & Meatballs • Linguine noodles • Turkey meatballs • Marinara sauce • Diced carrots • Corn	15 Kielbasa w/ Sauerkraut • Rosemary garlic potatoes • Cinnamon diced pears Macaroni & Cheese • Green beans • Cinnamon diced pears	16 Three Bean Chili • Cornbread • Diced carrots • Green beans • Banana
17 Breakfast Skillet • Breakfast potatoes • Fired egg patty • Capri blend • Turkey sausage links	18 Creamy Cheesy Chicken Bake • Chicken breast • Mornay Sauce • Brown rice • Peas with mushrooms	19 Grilled Chicken Breast • Wheat bread • Orange • Mixed vegetables Chicken Fritter Sandwich • Baked beans • Cinnamon pears	20 Chicken & Dumplings • Broccoli • Pineapple betty	21 Farmers Market Omelet • Breakfast potatoes • Apple • Italian green beans	22 Sausage Gravy & Biscuit • Rosemary garlic potatoes • Green beans Cheese Pierogis with Caramelized Onions • Diced carrots • Banana	23 Country Fried Steak • Mashed potatoes • Peas and carrots • Oregon bean medley
24 Waffles and Turkey Sausages • Whole grain waffle • Turkey sausage links • Hashbrown potato wedge • Dices pears	25 BBQ Chicken Breast • Rosemary garlic potatoes • Green beans • Orange • Wheat bread	26 Johnny Marzetti • Whole grain penne pasta • Beef crumbles • Green beans • Corn Uncle Chuck's Country Fried Steak Biscuit • Crunchy potato bites • Scrambled eggs	27 Waffle & Turkey Sausage • Turkey sausage links • Hash brown wedge • Diced pears	28 Hamburger & Macaroni & Cheese • Broccoli • Apple	29 Pork Riblet with BBQ Sauce • Mashed potatoes • Peas • Diced carrots • Orange Cheese Tortellini • Diced carrots • Mixed vegetables	30 Potato Breaded Fish • Succotash • Scalloped potatoes • Banana

Stay cool this summer



Consider these tips to help you beat the heat:

- Seek out shade or air conditioning. If you don't have AC, use a fan to cool down
- Need a fan? LifeCare Alliance fan distribution days are Tuesday's from 9:30 to 10:30 a.m. and Thursday's from 2:00 to 3:00 p.m. at 670 Harmon Avenue, Columbus. Simply bring your photo ID to claim your fan and stay cool. Visit <https://www.lifecarealliance.org/fans> for more information.
- Limit your time outside during cooler hours, morning or evening
- Drink plenty of water and stay hydrated
- Consider wearing light colored and natural fabrics



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower and broccoli delight • Banana	28 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	29 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	30 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	31 Turkey Sandwich • Ambrosia • Fiesta slaw	01 Seafood Salad • Macaroni salad • Orange wedges • Banana • Slider bun	02 Ham & Swiss Sandwich • Diced pears • Four bean salad
03 Bagel & Cream Cheese • Fiesta slaw • Broccoli crunch salad • Orange	04 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	05 Chicken Chef Salad • Salad crackers • Diced peaches • Ranch dressing	06 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	07 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	08 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	09 Cottage Cheese Fruit Plate • Diced peaches • Pear half • Club crackers
10 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower and broccoli delight • Banana	11 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	12 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	13 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	14 Turkey Sandwich • Ambrosia • Fiesta slaw	15 Seafood Salad • Macaroni salad • Orange wedges • Banana • Slider bun	16 Ham & Swiss Sandwich • Diced pears • Four bean salad
17 Bagel & Cream Cheese • Fiesta slaw • Broccoli crunch salad • Orange	18 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	19 Chicken Chef Salad • Salad crackers • Diced peaches • Ranch dressing	20 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	21 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	22 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	23 Cottage Cheese Fruit Plate • Diced peaches • Pear half • Club crackers
24 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower and broccoli delight • Banana	25 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	26 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	27 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	28 Turkey Sandwich • Ambrosia • Fiesta slaw	29 Seafood Salad • Macaroni salad • Orange wedges • Banana • Slider bun	30 Ham & Swiss Sandwich • Diced pears • Four bean salad

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- Consider wearing light colored and natural fabrics

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

