

September | 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
31 Santa Fe Chicken <ul style="list-style-type: none">• Salsa• Monterey jack cheese• Salsa rice• Fire roasted corn	01 Salisbury Steak with Home Style Beef Gravy <ul style="list-style-type: none">• Mashed potatoes• Green beans• Cinnamon applesauce	02 Bratwurst with Peppers and Onions <ul style="list-style-type: none">• Baby bakers• Baked beans Cheese Stuffed Shells <ul style="list-style-type: none">• Peas and mushrooms• Cinnamon pears	03 Chicken Nuggets <ul style="list-style-type: none">• Italian blend vegetables• Apple• Bread• Yellow wax beans	04 Hearty Vegetable Stew <ul style="list-style-type: none">• Harvest grain medley• Asparagus• Applesauce cup	05 Country Fried Pork <ul style="list-style-type: none">• Peas• Mashed potatoes Cheese Lasagna <ul style="list-style-type: none">• Peas• Corn	06 Chicken Alfredo <ul style="list-style-type: none">• Diced chicken• Diced carrots• Broccoli• Banana
07 Farmers Market Omelet <ul style="list-style-type: none">• Breakfast potatoes• Apple• Broccoli• Peppers and onions	08 Meatloaf with Home Style Beef Gravy <ul style="list-style-type: none">• Mashed potatoes• Diced carrots• Diced peaches	09 Carrie's Homestyle Chicken & Noodles <ul style="list-style-type: none">• Mashed potatoes• Peas and carrots Fish Marinara <ul style="list-style-type: none">• Oregon bean medley• Cinnamon apples	10 Popcorn Chicken Bowl <ul style="list-style-type: none">• Corn• Orange• Popcorn chicken• Mashed potatoes	11 Spaghetti & Meatballs <ul style="list-style-type: none">• Linguine noodles• Turkey meatballs• Marinara sauce• Diced carrots• Corn	12 Kielbasa w/ Sauerkraut <ul style="list-style-type: none">• Rosemary garlic potatoes• Cinnamon diced pears Macaroni & Cheese <ul style="list-style-type: none">• Green beans• Cinnamon diced pears	13 Three Bean Chili <ul style="list-style-type: none">• Cornbread• Diced carrots• Green beans• Banana
14 Waffles and Turkey Sausages <ul style="list-style-type: none">• Whole grain waffle• Turkey sausage links• Hashbrown potato wedge• Diced pears	15 Creamy Cheesy Chicken Bake <ul style="list-style-type: none">• Chicken breast• Mornay Sauce• Brown rice• Peas with mushrooms	16 Grilled Chicken Breast <ul style="list-style-type: none">• Wheat bread• Orange• Mixed vegetables Chicken Fritter Sandwich <ul style="list-style-type: none">• Baked beans• Cinnamon pears	17 Chicken & Dumplings <ul style="list-style-type: none">• Broccoli• Pineapple betty	18 Farmers Market Omelet <ul style="list-style-type: none">• Breakfast potatoes• Apple• Italian green beans	19 Sausage Gravy & Biscuit <ul style="list-style-type: none">• Rosemary garlic potatoes• Green beans Cheese Pierogis with Caramelized Onions <ul style="list-style-type: none">• Diced carrots• Banana	20 Country Fried Steak <ul style="list-style-type: none">• Mashed potatoes• Peas and carrots• Oregon bean medley
21 Breakfast Skillet <ul style="list-style-type: none">• Breakfast potatoes• Fried egg patty• Capri blend• Turkey sausage links	22 BBQ Chicken Breast <ul style="list-style-type: none">• Rosemary garlic potatoes• Green beans• Orange• Wheat bread	23 Johnny Marzetti <ul style="list-style-type: none">• Whole grain penne pasta• Beef crumbles• Green beans• Corn Uncle Chuck's Country Fried Steak Biscuit <ul style="list-style-type: none">• Crunchy potato bites• Scrambled eggs	24 Waffle & Turkey Sausage <ul style="list-style-type: none">• Turkey sausage links• Hash brown potato wedge• Diced pears	25 Hamburger & Macaroni & Cheese <ul style="list-style-type: none">• Broccoli• Apple	26 Pork Riblet with BBQ Sauce <ul style="list-style-type: none">• Mashed potatoes• Peas• Diced carrots Cheese Tortellini <ul style="list-style-type: none">• Diced carrots• Mixed vegetables	27 Potato Breaded Fish <ul style="list-style-type: none">• Succotash• Scalloped potatoes• Banana
28 Santa Fe Chicken <ul style="list-style-type: none">• Salsa• Monterey jack cheese• Salsa rice• Fire roasted corn	29 Salisbury Steak with Home Style Beef Gravy <ul style="list-style-type: none">• Mashed potatoes• Green beans• Cinnamon applesauce	30 Bratwurst with Peppers and Onions <ul style="list-style-type: none">• Baby bakers• Baked beans Cheese Stuffed Shells <ul style="list-style-type: none">• Peas and mushrooms• Cinnamon pears				

It's never too late to reinvent yourself!



No matter your age, every new day is an opportunity to begin again. Life after 60, 70, or even 80, can be full of fresh experiences, new hobbies, and meaningful connections. Reinventing yourself can be as simple as learning a new skill, joining a local group, or exploring an interest or activity you never had time for before. Each step you take toward something new strengthens your mind, body, and spirit, and reminds you that growth is lifelong. So how will you reinvent yourself?

Contact your church or the local community center in your area to ask about senior activities you can be part of!



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

