

# October | Homestyle Menu

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



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

## Fabulous Fiber

Fiber may not seem glamorous, but it has lots of benefits!



Whole Grains!  
Like whole wheat bread



Legumes!  
Like peas



Nuts & Seeds!  
Like peanut butter



Fruits!  
Like pears



Vegetables!  
Like broccoli & carrots



Click on the QR Code to get the whole story on fiber



# October | Deli Menu

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



| SUNDAY                                                                                                                                                                        | MONDAY                                                                                                                                                                           | TUESDAY                                                                                                                                        | WEDNESDAY                                                                                                                                           | THURSDAY                                                                                                                                           | FRIDAY                                                                                                                                                 | SATURDAY                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>28 Bagel &amp; Cream Cheese</b> <ul style="list-style-type: none"><li>• Fiesta slaw</li><li>• Broccoli crunch salad</li><li>• Orange</li></ul>                             | <b>29 Chicken Salad Fruit Plate</b> <ul style="list-style-type: none"><li>• Club crackers</li><li>• Pineapple tidbits</li><li>• Baby carrots</li><li>• Grapes</li></ul>          | <b>30 Chicken Chef Salad</b> <ul style="list-style-type: none"><li>• Salad crackers</li><li>• Diced peaches</li><li>• Ranch dressing</li></ul> | <b>01 Roast Beef Sandwich</b> <ul style="list-style-type: none"><li>• Cinnamon applesauce</li><li>• Coleslaw</li></ul>                              | <b>02 Egg Salad Sandwich</b> <ul style="list-style-type: none"><li>• Springtime pasta salad</li><li>• Kidney bean salad</li><li>• Banana</li></ul> | <b>03 Tuna Salad</b> <ul style="list-style-type: none"><li>• Orange wedges</li><li>• Greek pasta salad</li><li>• Apple</li><li>• Slider bun</li></ul>  | <b>04 Cottage Cheese Fruit Plate</b> <ul style="list-style-type: none"><li>• Diced peaches</li><li>• Pear half</li><li>• Club crackers</li></ul> |
| <b>05 Turkey Provolone Sandwich</b> <ul style="list-style-type: none"><li>• Cinnamon applesauce</li><li>• Crunchy cauliflower and broccoli delight</li><li>• Banana</li></ul> | <b>06 Chicken Taco Salad</b> <ul style="list-style-type: none"><li>• Chicken fajita strips</li><li>• Springtime pasta salad</li><li>• Orange</li><li>• French dressing</li></ul> | <b>07 Chicken Pasta Salad</b> <ul style="list-style-type: none"><li>• Mixed bean salad</li><li>• Carrot raisin salad</li></ul>                 | <b>08 Turkey Chef Salad</b> <ul style="list-style-type: none"><li>• Salad crackers</li><li>• Pineapple tidbits</li><li>• Italian dressing</li></ul> | <b>09 Turkey Sandwich</b> <ul style="list-style-type: none"><li>• Ambrosia</li><li>• Fiesta slaw</li></ul>                                         | <b>10 Seafood Salad</b> <ul style="list-style-type: none"><li>• Macaroni salad</li><li>• Orange wedges</li><li>• Banana</li><li>• Slider bun</li></ul> | <b>11 Ham &amp; Swiss Sandwich</b> <ul style="list-style-type: none"><li>• Diced pears</li><li>• Four bean salad</li></ul>                       |
| <b>12 Bagel &amp; Cream Cheese</b> <ul style="list-style-type: none"><li>• Fiesta slaw</li><li>• Broccoli crunch salad</li><li>• Orange</li></ul>                             | <b>13 Chicken Salad Fruit Plate</b> <ul style="list-style-type: none"><li>• Club crackers</li><li>• Pineapple tidbits</li><li>• Baby carrots</li><li>• Grapes</li></ul>          | <b>14 Chicken Chef Salad</b> <ul style="list-style-type: none"><li>• Salad crackers</li><li>• Diced peaches</li><li>• Ranch dressing</li></ul> | <b>15 Roast Beef Sandwich</b> <ul style="list-style-type: none"><li>• Cinnamon applesauce</li><li>• Coleslaw</li></ul>                              | <b>16 Egg Salad Sandwich</b> <ul style="list-style-type: none"><li>• Springtime pasta salad</li><li>• Kidney bean salad</li><li>• Banana</li></ul> | <b>17 Tuna Salad</b> <ul style="list-style-type: none"><li>• Orange wedges</li><li>• Greek pasta salad</li><li>• Apple</li><li>• Slider bun</li></ul>  | <b>18 Cottage Cheese Fruit Plate</b> <ul style="list-style-type: none"><li>• Diced peaches</li><li>• Pear half</li><li>• Club crackers</li></ul> |
| <b>19 Turkey Provolone Sandwich</b> <ul style="list-style-type: none"><li>• Cinnamon applesauce</li><li>• Crunchy cauliflower and broccoli delight</li><li>• Banana</li></ul> | <b>20 Chicken Taco Salad</b> <ul style="list-style-type: none"><li>• Chicken fajita strips</li><li>• Springtime pasta salad</li><li>• Orange</li><li>• French dressing</li></ul> | <b>21 Chicken Pasta Salad</b> <ul style="list-style-type: none"><li>• Mixed bean salad</li><li>• Carrot raisin salad</li></ul>                 | <b>22 Turkey Chef Salad</b> <ul style="list-style-type: none"><li>• Salad crackers</li><li>• Pineapple tidbits</li><li>• Italian dressing</li></ul> | <b>23 Turkey Sandwich</b> <ul style="list-style-type: none"><li>• Ambrosia</li><li>• Fiesta slaw</li></ul>                                         | <b>24 Seafood Salad</b> <ul style="list-style-type: none"><li>• Macaroni salad</li><li>• Orange wedges</li><li>• Banana</li><li>• Slider bun</li></ul> | <b>25 Ham &amp; Swiss Sandwich</b> <ul style="list-style-type: none"><li>• Diced pears</li><li>• Four bean salad</li></ul>                       |
| <b>26 Bagel &amp; Cream Cheese</b> <ul style="list-style-type: none"><li>• Fiesta slaw</li><li>• Broccoli crunch salad</li><li>• Orange</li></ul>                             | <b>27 Chicken Salad Fruit Plate</b> <ul style="list-style-type: none"><li>• Club crackers</li><li>• Pineapple tidbits</li><li>• Baby carrots</li><li>• Grapes</li></ul>          | <b>28 Chicken Chef Salad</b> <ul style="list-style-type: none"><li>• Salad crackers</li><li>• Diced peaches</li><li>• Ranch dressing</li></ul> | <b>29 Roast Beef Sandwich</b> <ul style="list-style-type: none"><li>• Cinnamon applesauce</li><li>• Coleslaw</li></ul>                              | <b>30 Egg Salad Sandwich</b> <ul style="list-style-type: none"><li>• Springtime pasta salad</li><li>• Kidney bean salad</li><li>• Banana</li></ul> | <b>31 Tuna Salad</b> <ul style="list-style-type: none"><li>• Orange wedges</li><li>• Greek pasta salad</li><li>• Apple</li><li>• Slider bun</li></ul>  |                                                                                                                                                  |

## Fabulous Fiber

Fiber may not seem glamorous, but it has lots of benefits!



Whole Grains!  
Like whole wheat bread



Legumes!  
Like peas



Nuts & Seeds!  
Like peanut butter



Fruits!  
Like pears



Vegetables!  
Like broccoli & carrots



Click on the QR Code to get the whole story on fiber

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](http://lifecarealliance.org) Menus are Subject to Change | Menus approved by: Penny S. Rudy, RD, LD CPFS

