

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

“Never was so much owed by so many to so few.”
–Winston Churchill



For over a century, the United States has honored its military veterans on November 11. The observance began in 1919, when President Woodrow Wilson proclaimed the first Armistice Day to mark the end of World War I. It became a national holiday in 1938 and was renamed Veterans Day in 1954 to honor all who served in the armed forces.

At LifeCare Alliance, we are deeply grateful to our senior veterans for their courage, service and sacrifices in defending our freedoms.



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

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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

