

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

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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



Catherine Nelson Black



This March, we honor our founder (Catherine Nelson Black) during National Women's History Month. Inspired by her vision, IDNA became the state's first home healthcare program in 1898, bringing medical care and health education to underserved families and immigrants. She set out to care for those "nobody else paid any attention to" - a mission we continue today.

Over the years, we expanded to include Wellness Centers (1969), the NICE meals program (1973)- now our Meals-on-Wheels and dining services - Help-at-Home (1975), and, in 1987, a new name reflecting our commitment to supporting independent living through every stage of aging.

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