

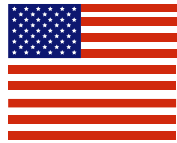


May | Homestyle Menu



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

Sunday meals will be provided as a chilled or frozen meal delivered in advance (typically with Saturday delivery), with the option to receive weekend meals frozen during the week; all meals are designed to meet nutritional requirements across a full seven-day menu. Call our office 614-278-3152 if you have questions.

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



Learn about your nutrition!

We aim to provide great, nutritious food, but also additional nutritional education.

Please scan the QR code with your phone to access the educational documents and complete an optional survey on what you learned!



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



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

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