

June | 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>01 BBQ Chicken Breast</p> <ul style="list-style-type: none"> Rosemary garlic potatoes Green beans Orange Wheat bread 	<p>02 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>03 Waffle & Turkey Sausage</p> <ul style="list-style-type: none"> Turkey sausage links Hash brown potato wedge Diced pears 	<p>04 Hamburger & Macaroni & Cheese</p> <ul style="list-style-type: none"> Broccoli Apple 	<p>05 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>06 Potato Fish</p> <ul style="list-style-type: none"> Scalloped potatoes Succotash Banana
<p>08 Salisbury Steak</p> <ul style="list-style-type: none"> Mashed potatoes Green beans Cinnamon applesauce Herb beef gravy 	<p>09 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>10 Chicken Nuggets</p> <ul style="list-style-type: none"> Italian blend Yellow wax beans Apple Wheat bread 	<p>11 Hearty Vegetable Stew</p> <ul style="list-style-type: none"> Harvest grain medley Green beans Applesauce 	<p>12 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>13 Chicken Alfredo</p> <ul style="list-style-type: none"> Linguine noodles Alfredo sauce Diced chicken Broccoli Diced carrots Banana
<p>15 Meatloaf w/Gravy</p> <ul style="list-style-type: none"> Herb beef gravy Mashed potatoes Diced carrots Diced peaches 	<p>16 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>17 Popcorn Chicken Bowl</p> <ul style="list-style-type: none"> Mashed potatoes Peppered gravy Popcorn chicken Cheddar cheese Corn Orange 	<p>18 Spaghetti and Meatballs</p> <ul style="list-style-type: none"> Linguine noodles Turkey meatballs Marinara sauce Diced carrots Corn 	<p>19 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>20 Three Bean Chili</p> <ul style="list-style-type: none"> Cornbread Diced carrots Green beans Banana
<p>22 Creamy Cheesy Chicken Bake</p> <ul style="list-style-type: none"> Chicken breast Mornay sauce Brown rice Peas with mushrooms 	<p>23 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>24 Chicken & Dumplings</p> <ul style="list-style-type: none"> Broccoli Pineapple betty 	<p>25 Farmers Market Omelet</p> <ul style="list-style-type: none"> Breakfast potatoes Apple Italian green beans 	<p>26 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>27 Country Fried Steak</p> <ul style="list-style-type: none"> Mashed potatoes Peas and carrots Oregon bean medley
<p>29 BBQ Chicken Breast</p> <ul style="list-style-type: none"> Rosemary garlic potatoes Green beans Orange Wheat bread 	<p>30 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 				

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



Happy Father's Day!



Father's Day is a time to reminisce and cherish the countless memories shared with our senior fathers. From childhood adventures to heart-to-heart conversations, each moment is a precious gift that we hold dear. As we gather to celebrate, we honor the laughter, the tears, and the bond that binds us together. These memories serve as a testament to the profound impact our senior fathers have had on our lives and the legacy they have created.

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

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



Happy Father's Day!



Father's Day is a time to reminisce and cherish the countless memories shared with our senior fathers. From childhood adventures to heart-to-heart conversations, each moment is a precious gift that we hold dear. As we gather to celebrate, we honor the laughter, the tears, and the bond that binds us together. These memories serve as a testament to the profound impact our senior fathers have had on our lives and the legacy they have created.