

June | Mechanical 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 bakkers 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 				

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.

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



Art by Freepik