

July | Homestyle Menu

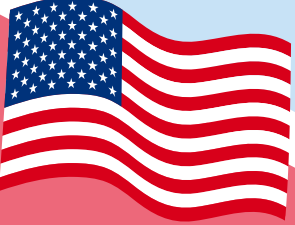


Happy 250th Birthday America!

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 Waffle and Turkey Sausages - whole-grain waffle - turkey sausage links - hash brown potato wedge - diced pears - syrup - wheat bread	02 Hamburger & Macaroni & Cheese - beef hamburger - macaroni and cheese - broccoli - fresh apple - hamburger bun	03 Pork Riblet - mashed potatoes - peas - diced carrots Cheese Tortellini - mozzarella cheese - diced carrots - mixed vegetables	04 Potato Fish - potato breaded potato fish - scalloped potatoes - succotash - banana - wheat bread
06 Salisbury Steak - salisbury steak - herb beef gravy - mashed potatoes - green beans - cinnamon applesauce - wheat bread	07 Homestyle Chicken Broccoli Rice Bake - peas - applesauce Cheese Stuffed Shells - peas and mushrooms - cinnamon pears	08 Chicken Nuggets - chicken nuggets - italian blend - yellow wax beans - apple - wheat bread	09 Hearty Vegetable Stew - vegetable stew - harvest grain medley - green beans - applesauce cup - wheat bread	10 Bratwurst w/ Peppers & Onions - baby bakers - baked beans Cheese Lasagna - peas - corn	11 Chicken Alfredo - linguine noodles - Alfredo sauce - diced chicken - broccoli - diced carrots - banana - wheat bread
13 Meatloaf w/ Gravy - meatloaf slice - herb beef gravy - mashed potatoes - diced carrots - diced peaches - wheat bread	14 Carrie's Homestyle Chicken & Noodles - mashed potatoes - peas and carrots Fish Marinara - mozzarella cheese - oregon bean medley - cinnamon apples	15 Popcorn Chicken Bowl - mashed potatoes - peppered gravy - popcorn chicken - cheddar cheese - corn - orange - wheat bread	16 Spaghetti and Meatballs - linguine noodles - turkey meatballs - marinara sauce - diced carrots - corn - wheat bread	17 Kielbasa w/ Sauerkraut - rosemary garlic potatoes - cinnamon diced pears Macaroni & Cheese - green beans - cinnamon diced pears	18 Three Bean Chili - three bean chili - cornbread - diced carrots - green beans - fresh banana - wheat bread
20 Creamy Cheesy Chicken Bake - chicken breast - mornay sauce - brown rice - peas with mushrooms - wheat bread	21 Grilled Chicken Breast - crunchy potato bites - mixed vegetables - orange Chicken Fritter Sandwich - baked beans - cinnamon pears	22 Chicken & Dumplings - diced chicken - dumplings (spaetzle) - chicken and dumpling gravy - broccoli pineapple betty - wheat bread	23 Farmers Market Omelet - cheese omelet - peppers & onion - italian green beans - breakfast potatoes - red delicious apple - wheat bread	24 Sausage Gravy & Biscuits - rosemary garlic potatoes - green beans Cheese Ravioli - peas - diced carrots	25 Country Fried Steak - country fried steak - country fried steak gravy - mashed potatoes - peas and carrots - oregon bean medley - wheat bread
27 BBQ Chicken Breast - grilled chicken breast - bbq sauce - rosemary & garlic potatoes - green beans - orange - wheat bread	28 Johnny Marzetti - beef crumbles - green beans - corn Uncle Chuck's Country Fried Steak Biscuit - crunchy potato bites - scrambled eggs - banana	29 Waffle and Turkey Sausages - whole grain waffle - turkey sausage links - hash brown potato wedge - crunchy potato bites - diced pears - syrup - wheat bread	30 Hamburger & Macaroni & Cheese - beef hamburger - macaroni and cheese - broccoli - fresh apple - hamburger bun	31 Pork Riblet - mashed potatoes - peas - diced carrots Cheese Tortellini - mozzarella cheese - diced carrots - mixed vegetables	



As America approaches its 250th birthday on July 4, 2026, the milestone impacts you differently when you have lived through a quarter of the nation's entire history. For those of us in our 70s, 80s, and beyond, this Semiquincentennial is not just a date in a history book. It is a mirror reflecting the vast, turbulent, and beautiful tapestry of the America we helped build, protect, and witness.



July | Deli Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 Turkey Chef Salad - lettuce mixture - diced turkey - cheddar cheese - italian dressing - pineapple tidbits - wheat bread	02 Turkey Sandwich - wheat bread - turkey - american cheese - ambrosia - fiesta slaw	03 Seafood Salad - imitation crab meat salad - macaroni salad - orange wedges - slider bun	04 Ham & Swiss Sandwich - wheat bread - ham - swiss cheese - diced pears - four bean salad
06 Chicken Salad Fruit Plate - chicken salad - fresh grapes - baby carrots - club crackers - pineapple tidbits	07 Chicken Chef Salad - lettuce - diced chicken - cheddar cheese - ranch dressing - diced peaches	08 Roast Beef Sandwich - wheat bread - roast beef - american cheese - cinnamon applesauce - cole slaw	09 Egg Salad Sandwich - slider bun - egg salad - springtime pasta salad - kidney bean salad - fresh banana	10 Tuna Salad - tuna salad - greek pasta salad - orange wedges - slider bun - apple	11 Turkey & Provolone Sandwich - wheat bread - turkey breast - provolone cheese - cinnamon applesauce - crunchy cauliflower & broccoli delight
13 Chicken Taco Salad - lettuce - corn and bean mix - chicken fajita strips - springtime pasta salad - french dressing - orange - wheat bread	14 Chicken Pasta Salad - chicken pasta salad - mixed bean salad - carrot raisin salad - wheat bread - banana	15 Turkey Chef Salad - lettuce mixture - diced turkey - cheddar cheese - italian dressing - pineapple tidbits - wheat bread	16 Turkey Sandwich - wheat bread - turkey - american cheese - ambrosia - fiesta slaw	17 Seafood Salad - imitation crab meat salad - macaroni salad - orange wedges - slider bun	18 Bagel & Cream Cheese - bagel - cream cheese - fiesta slaw - broccoli crunch salad - fresh orange
20 Chicken Salad Fruit Plate - chicken salad - fresh grapes - baby carrots - club crackers - pineapple tidbits	21 Chicken Chef Salad - lettuce - diced chicken - cheddar cheese - ranch dressing - diced peaches	22 Roast Beef Sandwich - wheat bread - roast beef - american cheese - cinnamon applesauce - cole slaw	23 Egg Salad Sandwich - slider bun - egg salad - springtime pasta salad - kidney bean salad - fresh banana	24 Tuna Salad - tuna salad - greek pasta salad - orange wedges - slider bun - red delicious apple	25 Cottage Cheese Fruit Plate - cottage cheese - vegetable bowtie pasta - diced peaches - pear half - club crackers - fresh banana
27 Chicken Taco Salad - lettuce - corn and bean mix - chicken fajita strips - springtime pasta salad - french dressing - orange - wheat bread	28 Chicken Pasta Salad - chicken pasta salad - mixed bean salad - carrot raisin salad - wheat bread - banana	29 Turkey Chef Salad - lettuce mixture - diced turkey - cheddar cheese - italian dressing - pineapple tidbits - wheat bread	30 Turkey Sandwich - wheat bread - turkey - american cheese - ambrosia - fiesta slaw	31 Seafood Salad - imitation crab meat salad - macaroni salad - orange wedges - slider bun	



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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

