

August | Homestyle Menu



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

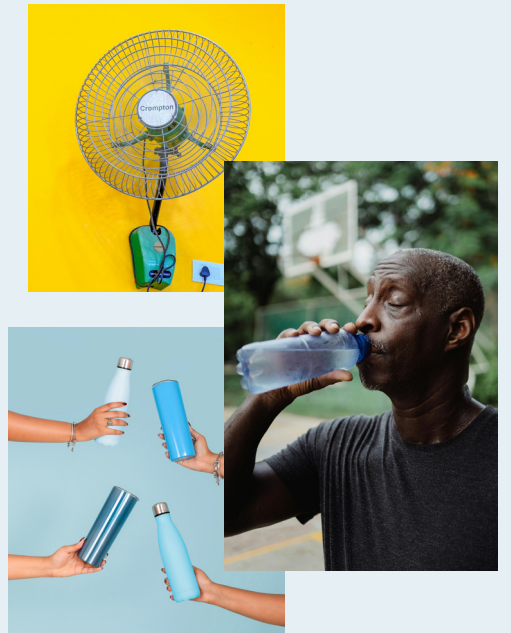
Sunday meals will be provided as a chilled or frozen meal delivered in advance (typically with Saturday delivery), with the option to receive weekend meals frozen during the week; all meals are designed to meet nutritional requirements across a full seven-day menu. Call our office 614-278-3152 if you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

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

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



Stay *cool* this summer



Consider these tips to help you beat the heat:

- Seek out shade or air conditioning. If you don't have AC, use a fan to cool down
- Need a fan? LifeCare Alliance fan distribution days are Tuesday's from 9:30 to 10:30 a.m. and Thursday's from 2:00 to 3:00 p.m. at 670 Harmon Avenue, Columbus. Simply bring your photo ID to claim your fan and stay cool. Visit <https://www.lifecarealliance.org/fans> for more information.
- Limit your time outside during cooler hours, morning or evening
- Drink plenty of water and stay hydrated
- Consider wearing light colored and natural fabrics

Art by Magnific

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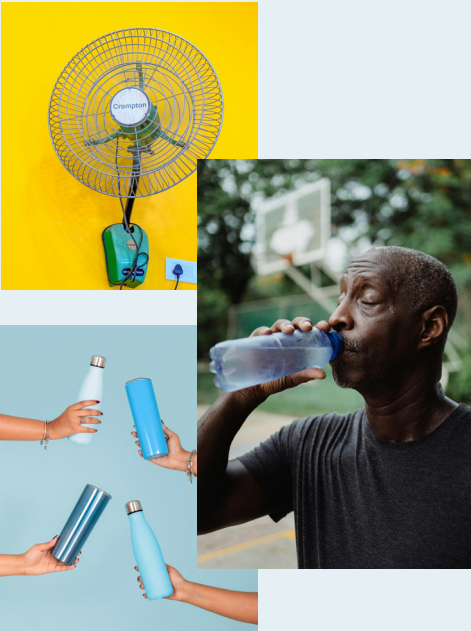
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
03 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	04 Chicken Chef Salad • Salad crackers • Diced peaches • Ranch dressing	05 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	06 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	07 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	08 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower & broccoli delight
10 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	11 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	12 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	13 Turkey Sandwich • Ambrosia • Fiesta slaw	14 Seafood Salad • Macaroni salad • Orange wedges • Slider bun	15 Bagel & Cream Cheese • Fiesta slaw • Broccoli crunch salad • Orange
17 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	18 Chicken Chef Salad • Salad crackers • Diced peaches • Ranch dressing	19 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	20 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	21 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	22 Cottage Cheese Fruit Plate • Diced peaches • Pear half • Club crackers • Banana
24 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	25 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	26 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	27 Turkey Sandwich • Ambrosia • Fiesta slaw	28 Seafood Salad • Macaroni salad • Orange wedges • Slider bun	29 Ham & Swiss Sandwich • Diced pears • Four bean salad
31 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes					

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