

September | 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
31 Salisbury Steak - Mashed potatoes - Green beans - Cinnamon applesauce - Herb beef gravy	01 Homestyle Chicken Broccoli Rice Bake - Peas - Applesauce Cheese Stuffed Shells - Peas and mushrooms - Cinnamon pears	02 Chicken Nuggets - Italian blend - Yellow wax beans - Apple - Wheat bread	03 Hearty Vegetable Stew - Harvest grain medley - Green beans - Applesauce	04 Bratwurst w/ Peppers & Onions - Baby bakers - Baked beans Cheese Lasagna - Peas - Corn	05 Chicken Alfredo - Linguine noodles - Alfredo sauce - Diced chicken - Broccoli - Diced carrots - Banana
07 Meatloaf w/Gravy - Herb beef gravy - Mashed potatoes - Diced carrots - Diced peaches	08 Carrie's Homestyle Chicken - Mashed potatoes - Peas and carrots Fish Marinara - Oregon bean medley - Cinnamon apples	09 Popcorn Chicken Bowl - Mashed potatoes - Peppered gravy - Popcorn chicken - Cheddar cheese - Corn - Orange	10 Spaghetti and Meatballs - Linguine noodles - Turkey meatballs - Marinara sauce - Diced carrots - Corn	11 Kielbasa w/ Sauerkraut - Rosemary garlic potatoes - Cinnamon diced pears Macaroni & Cheese - Green beans - Cinnamon diced pears	12 Three Bean Chili - Cornbread - Diced carrots - Green beans - Banana
14 Creamy Cheesy Chicken Bake - Chicken breast - Mornay sauce - Brown rice - Peas with mushrooms	15 Grilled Chicken Breast - Wheat bread - Orange - Mixed vegetables Chicken Fritter Sandwich - Baked beans - Cinnamon pears	16 Chicken & Dumplings - Broccoli - Pineapple betty	17 Farmers Market Omelet - Breakfast potatoes - Apple - Italian green beans	18 Sausage Gravy & Biscuit - Rosemary garlic potatoes - Green beans Cheese Ravioli - Peas - Diced carrots	19 Country Fried Steak - Mashed potatoes - Peas and carrots - Oregon bean medley
21 BBQ Chicken Breast - Rosemary garlic potatoes - Green beans - Orange - Wheat bread	22 Johnny Marzetti - Whole grain penne pasta - Ground beef - Green beans - Corn Uncle Chuck's Country Fried Steak Biscuit - Crunchy potato bites - Scrambled eggs	23 Waffle & Turkey Sausage - Turkey sausage links - Hash brown potato wedge - Diced pears	24 Hamburger and Macaroni & Cheese - Broccoli - Apple	25 Pork Riblet - Mashed potatoes - Peas - Diced carrots Cheese Tortellini - Mozzarella cheese - Diced carrots - Mixed vegetables	26 Potato Fish - Scalloped potatoes - Succotash - Banana
28 Salisbury Steak - Mashed potatoes - Green beans - Cinnamon applesauce - Herb beef gravy	29 Homestyle Chicken Broccoli Rice Bake - Peas - Applesauce Cheese Stuffed Shells - Peas and mushrooms - Cinnamon pears	30 Chicken Nuggets - Italian blend - Yellow wax beans - Apple - Wheat bread			

Ohio GO BUCKS!

Ohio State football brings generations together, offering a timeless bond through the shared passion of being a Buckeye. Whether you watched Archie Griffin win two Heismans or cheered through the legendary rivalry games against Michigan, your dedication forms the bedrock of this community.

SCHEDULE

- September 5 vs Ball State
- September 12 vs Texas
- September 19 vs Kent State
- September 26 vs Illinois
- October 3 vs Iowa
- October 10 vs Maryland
- October 17 vs Indiana
- October 31 vs USC
- November 7 vs Oregon
- November 14 vs Northwestern
- November 21 vs Nebraska
- November 28 vs TTUN

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
31 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	01 Chicken Chef Salad • Salad crackers • Diced peaches • Ranch dressing	02 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	03 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	04 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	05 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower & broccoli delight
07 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	08 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	09 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	10 Turkey Sandwich • Ambrosia • Fiesta slaw	11 Seafood Salad • Macaroni salad • Orange wedges • Slider bun	12 Bagel & Cream Cheese • Fiesta slaw • Broccoli crunch salad • Orange
14 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	15 Chicken Chef Salad • Salad crackers • Diced peaches • Ranch dressing	16 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	17 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	18 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	19 Cottage Cheese Fruit Plate • Diced peaches • Pear half • Club crackers • Banana
21 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	22 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	23 Turkey Chef Salad • Salad crackers • Pineapple tidbits • Italian dressing	24 Turkey Sandwich • Ambrosia • Fiesta slaw	25 Seafood Salad • Macaroni salad • Orange wedges • Slider bun	26 Ham & Swiss Sandwich • Diced pears • Four bean salad
28 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	29 Chicken Chef Salad • Salad crackers • Diced peaches • Ranch dressing	30 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw			

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