

October | 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
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	01 Hearty Vegetable Stew - Harvest grain medley - Green beans - Applesauce	02 Bratwurst w/ Peppers & Onions - Baby bakers - Baked beans Cheese Lasagna - Peas - Corn	03 Chicken Alfredo - Linguine noodles - Alfredo sauce - Diced chicken - Broccoli - Diced carrots - Banana
05 Meatloaf w/Gravy - Herb beef gravy - Mashed potatoes - Diced carrots - Diced peaches	06 Carrie's Homestyle Chicken & Noodles - Mashed potatoes - Peas and carrots Fish Marinara - Oregon bean medley - Cinnamon apples	07 Popcorn Chicken Bowl - Mashed potatoes - Peppered gravy - Popcorn chicken - Cheddar cheese - Corn - Orange	08 Spaghetti and Meatballs - Linguine noodles - Meatballs - Marinara sauce - Diced carrots - Corn	09 Kielbasa w/ Sauerkraut - Rosemary garlic potatoes - Cinnamon diced pears Macaroni & Cheese - Green beans - Cinnamon diced pears	10 Three Bean Chili - Cornbread - Diced carrots - Green beans - Banana
12 Creamy Cheesy Chicken Bake - Chicken breast - Mornay sauce - Brown rice - Peas with mushrooms	13 Grilled Chicken Breast - Wheat bread - Orange - Mixed vegetables Chicken Fritter Sandwich - Baked beans - Cinnamon pears	14 Chicken & Dumplings - Broccoli - Pineapple betty	15 Farmers Market Omelet - Breakfast potatoes - Apple - Italian green beans	16 Sausage Gravy & Biscuit - Rosemary garlic potatoes - Green beans Cheese Ravioli - Peas - Diced carrots	17 Country Fried Steak - Mashed potatoes - Peas and carrots - Oregon bean medley
19 BBQ Chicken Breast - Rosemary garlic potatoes - Green beans - Orange - Wheat bread	20 Johnny Marzetti - Whole grain penne pasta - Ground beef - Green beans - Corn Uncle Chuck's Country Fried Steak Biscuit - Crunchy potato bites - Scrambled eggs	21 Waffle & Turkey Sausage - Turkey sausage links - Hash brown potato wedge - Diced pears	22 Hamburger and Macaroni & Cheese - Broccoli - Apple	23 Pork Riblet - Mashed potatoes - Peas - Diced carrots Cheese Tortellini - Mozzarella cheese - Diced carrots - Mixed vegetables	24 Potato Fish - Scalloped potatoes - Succotash - Banana
26 Salisbury Steak - Mashed potatoes - Green beans - Cinnamon applesauce - Herb beef gravy	27 Homestyle Chicken Broccoli Rice Bake - Peas - Applesauce Cheese Stuffed Shells - Peas and mushrooms - Cinnamon pears	28 Chicken Nuggets - Italian blend - Yellow wax beans - Apple - Wheat bread	29 Hearty Vegetable Stew - Harvest grain medley - Green beans - Applesauce	30 Bratwurst w/ Peppers & Onions - Baby bakers - Baked beans Cheese Lasagna - Peas - Corn	31 Chicken Alfredo - Linguine noodles - Alfredo sauce - Diced chicken - Broccoli - Diced carrots - Banana

YOUR HEALTH CAN'T WAIT

Don't let fear delay your screening. Early detection saves lives.

Screenings available for:
Breast • Cervical • Prostate • Colorectal • Lung Cancer

Medicare, Medicaid, most insurance plans accepted. Financial assistance, transportation, and translation services available.

Call 614-263-5006 to schedule today.

October | 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
28 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	29 Chicken Chef Salad • Wheat bread • Diced peaches • Ranch dressing	30 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	01 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	02 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	03 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower & broccoli delight
05 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	06 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	07 Turkey Chef Salad • Wheat bread • Pineapple tidbits • Italian dressing	08 Turkey Sandwich • Ambrosia • Fiesta slaw	09 Seafood Salad • Macaroni salad • Orange wedges • Slider bun	10 Bagel & Cream Cheese • Fiesta slaw • Broccoli crunch salad • Orange
12 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	13 Chicken Chef Salad • Wheat bread • Diced peaches • Ranch dressing	14 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	15 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	16 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	17 Cottage Cheese Fruit Plate • Diced peaches • Pear half • Club crackers • Banana
19 Chicken Taco Salad • Chicken fajita strips • Springtime pasta salad • Orange • French dressing	20 Chicken Pasta Salad • Mixed bean salad • Carrot raisin salad	21 Turkey Chef Salad • Wheat bread • Pineapple tidbits • Italian dressing	22 Turkey Sandwich • Ambrosia • Fiesta slaw	23 Seafood Salad • Macaroni salad • Orange wedges • Slider bun	24 Ham & Swiss Sandwich • Diced pears • Four bean salad
26 Chicken Salad Fruit Plate • Club crackers • Pineapple tidbits • Baby carrots • Grapes	27 Chicken Chef Salad • Wheat bread • Diced peaches • Ranch dressing	28 Roast Beef Sandwich • Cinnamon applesauce • Coleslaw	29 Egg Salad Sandwich • Springtime pasta salad • Kidney bean salad • Banana	30 Tuna Salad • Orange wedges • Greek pasta salad • Apple • Slider bun	31 Turkey Provolone Sandwich • Cinnamon applesauce • Crunchy cauliflower & broccoli delight

Artwork by Vecteezy.com

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



YOUR
HEALTH
CAN'T
WAIT

Don't let fear delay
your screening.
Early detection
saves lives.

Screenings available for:
Breast • Cervical • Prostate •
Colorectal • Lung Cancer

Medicare, Medicaid, most
insurance plans accepted. Financial
assistance, transportation, and
translation services available.

Call 614-263-5006 to
schedule today.