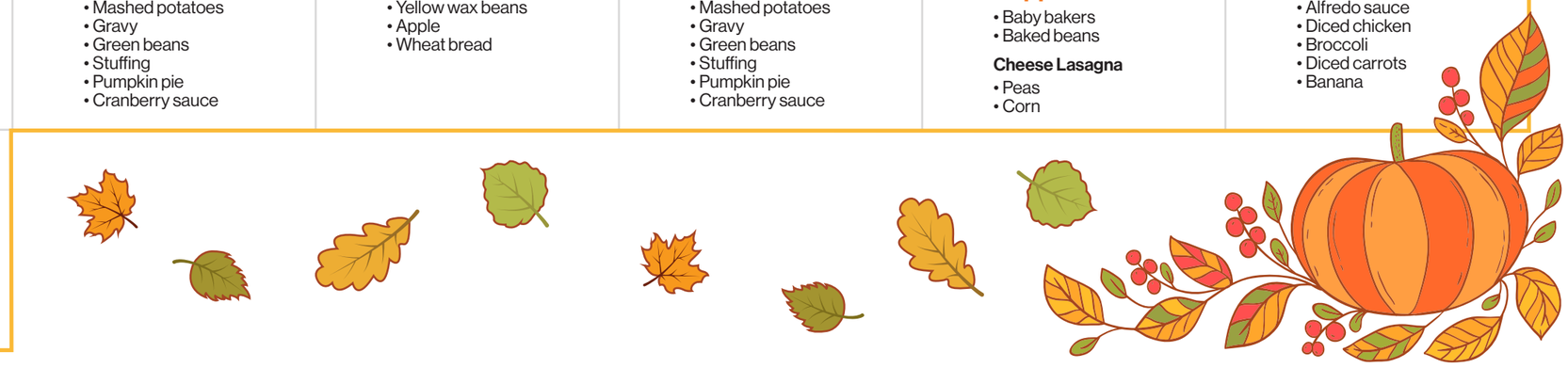
November | Homestyle Menu

LifeCare Alliance

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



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

Tyson · Butterball · Mott's · Marzetti · Bull's-Eye · Jimmy Dean · Barilla



Happy Thanksgiving

The holiday season is a beautiful time to gather with family, reflect on our blessings, and celebrate the bonds that tie generations together. As we look forward to the warmth of the dinner table, it is important to remember that Thanksgiving is as much about nourishing our bodies as it is about feeding our souls. For older adults, navigating a traditional holiday feast can sometimes present unique health challenges. Be mindful of your nutritional strategies, to ensure this holiday is joyful.

Scan the QR code for healthy holiday eating tips.

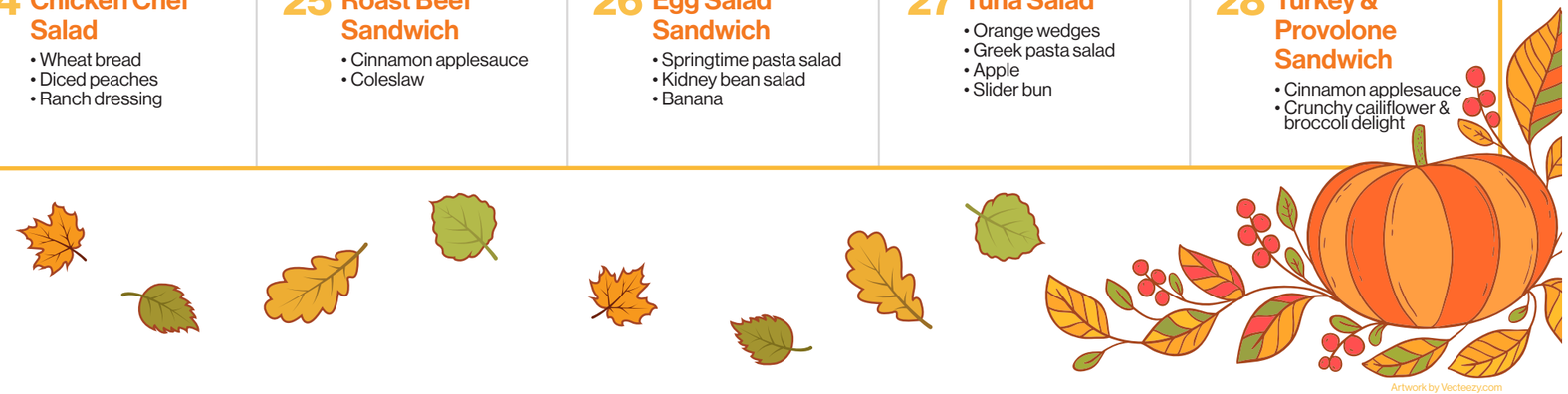
November | Deli Menu

LifeCare Alliance

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



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