

If you need to cancel, please call 888-656-6831 or 614-278-3152 any day before your scheduled delivery or no later than 8:30am the day of delivery.

Daily Cold Delivery Menu FEBRUARY 2019

Life Care Alliance Meals provide 1/3 of the Recommended Daily Allowance (RDA) for adults age 60 and older
 MENUS APPROVED BY: Claire Adams, LPD #10840
 Call for more menu options - 614-278-3152
 To speak to a registered dietitian about our menu or about managing your diabetes call 614-437-2882 or 614-437-2841.



(614) 278-3152

Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25	Saturday January 26	Sunday January 27
Turkey & Provolone Sandwich (2) Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	Ham & Swiss Sandwich (2) Diced Pears (1) Four Bean Salad (1)	Bagel and Creamed Cheese (4) Fiesta Slaw Kidney Bean Salad (2) Fresh Orange (2)

Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1	Saturday February 2	Sunday February 3
Egg Salad Sandwich Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	Turkey Chef Salad w/ Cheddar Cheese Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	Roast Beef Sandwich (2) American Cheese Cinn. Applesauce Broccoli Slaw (1)	Turkey Sandwich Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	Tuna Salad Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	Cottage Cheese Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Peach half (1) Club Crackers (1)	Corned Beef Sandwich (2) Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8	Saturday February 9	Sunday February 10
Turkey & Provolone Sandwich (2) Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	Ham & Swiss Sandwich (2) Diced Pears (1) Four Bean Salad (1)	Bagel and Creamed Cheese (4) Fiesta Slaw Kidney Bean Salad (2) Fresh Orange (2)

Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
Egg Salad Sandwich Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	Turkey Chef Salad w/ Cheddar Cheese Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	Roast Beef Sandwich (2) American Cheese Cinn. Applesauce Broccoli Slaw (1)	Turkey Sandwich Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	Tuna Salad Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	Cottage Cheese Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Peach half (1) Club Crackers (1)	Corned Beef Sandwich (2) Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday February 18	Tuesday February 19	Wednesday February 20	Thursday February 21	Friday February 22	Saturday February 23	Sunday February 24
Turkey & Provolone Sandwich (2) Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	Ham & Swiss Sandwich (2) Diced Pears (1) Four Bean Salad (1)	Bagel and Creamed Cheese (4) Fiesta Slaw Kidney Bean Salad (2) Fresh Orange (2)



Menu subject to change. Weekend/evening service limited.

Exact serving sizes and detailed nutrition information available upon request. Meals include an 8 oz. milk or 4 oz. juice

For questions regarding service or to request a copy of ALL menus contact:

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 1699 West Mound Street, Columbus OH 43223
www.lifecarealliance.org

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Daily Hot Delivery Menu FEBRUARY 2019

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 MENUS APPROVED BY: Claire Adams, LPD #10840

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(A) Denotes Alternate Meal selection (R) Denotes Regular Meal selection



(614) 278-3152

Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25	Saturday January 26	Sunday January 27
Chicken Biscuit & Gravy (2) California Blend Vegetables Cinnamon Applesauce (1)	Split Menu Day Fish Wedge w/Marinara (2) (R)Chicken Teriyaki w/Linguine(2) Bean Medley Oriental Veg Apple Crumb (2) Wheat Bread (1)	Turkey Sausage and Egg Sandwich Roasted Red Skin Potatoes (1) Mixed Vegetables(1) English Muffin (2) Fresh Banana (2)	Meatloaf w/Herb Gravy Mashed Potatoes (2) Diced Carrots Peach Cobbler (1) Wheat Bread (1)	Split Menu Day (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Green Beans Potato Medley (1) Banana (2)	Chicken & Dumplings (2) Broccoli Pineapple Betty (1) Wheat Bread (1)	Country Fried Steak (1) Mashed Potatoes (2) Seasoned Beets (1) Oregon Bean Medley (1)
Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1	Saturday February 2	Sunday February 3
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	Split Menu Day (R) Fried Rice w/ Chicken Oriental Veggies (A)Spaghetti w/ TurkeyMeatball Broccoli Wheat Bread Pineapple Betty	Popcorn Chicken Bowl (1) Mashed Potatoes w/ pepper gravy(2) Corn (1) Fresh Banana (2)	Beef Stew (1) & Biscuit Broccoli Maple Roasted Sweet Potatoes (1) Fresh Banana(2)	Split Menu Day (A)Italian Sausage w/ Peppers and onions(1) Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Corn Wheat Bread (1)	Cheese Stuffed Shells (1) Tomato Basil Sauce Peas and Mushrooms (1) Pineapple Betty(1) Wheat Bread (1)	Pot Roast and Gravy Brown Rice(2) Mixed Veggies Tri-Fruit Crunch(1)
Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8	Saturday February 9	Sunday February 10
Fiesta Bowl Brown Rice (2) Black Beans (1) Topped w/Peppers Onions & Jack Cheese Diced Carrot Corn (1) Fresh Orange (2)	Split Menu Day (A) Kielbasa with Sauerkraut (1) Roasted Potato(1) Cinn. Apples (1) (R) Burger Parm Wheat Penne(3) Marinara (1) Green Bean Carrott	Sweet n' Sour Chicken Brown Rice (2) Oriental Veggies Maple Roasted Sweet Potatoes (1)	Mac & Cheese (2) Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	Split Menu Day (A) Country Fried Pork (1) (R) Chicken Taco Bowl (1) Carrot Coins (1) Fiesta Black Beans (1)	BBQ Chicken Breast (1) Rosemary & Garlic Potatoes (1) Green Beans Fresh Orange (2) Wheat Bread (1)	Beef Ravioli (2) Corn (1) Pineapple Betty (1) Wheat Bread (1)
Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
Hamburger Sweet potato puffs (1) Broccoli Fresh Apple (1) Hamburger Bun (1)	Split Menu Day (A) Baked Beans w/cornbread (R) Chicken Nuggets (1) Green Beans Carrot Coins Fresh Banana (2) Wheat Bread (1)	Salisbury Steak w/Gravy Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	Farmers Mkt Cheese Omelet Peppers, onions Spinach (1) Brkfst potatoes(1) Wheat Bread (1) Fresh Banana (2)	Split Menu Day (A) BBQ Pork Riblet Mashed Potatoes (R) Cheddar Pierogis/Onions Carrot Coins Peas (1) Fresh Banana (2)	Chicken Rice Casserole (1) Calif. Veggies (1) Maple Roasted Sweet Potatoes (1) Wheat Bread (1)	Chicken & Noodles (1) Oregon Bean Medley (1) Peach Betty (1) Wheat Bread (1)
Monday February 18	Tuesday February 19	Wednesday February 20	Thursday February 21	Friday February 22	Saturday February 23	Sunday February 24
Chicken Biscuit & Gravy (2) California Blend Vegetables Cinnamon Applesauce (1)	Split Menu Day Fish Wedge w/Marinara (2) (R)Chicken Teriyaki w/Linguine(2) Bean Medley Oriental Veg Apple Crumb (2) Wheat Bread (1)	Turkey Sausage and Egg Sandwich Roasted Red Skin Potatoes (1) Mixed Vegetables(1) English Muffin (2) Fresh Banana (2)	Meatloaf w/Herb Gravy Mashed Potatoes (2) Diced Carrots Peach Cobbler (1) Wheat Bread (1)	Split Menu Day (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Green Beans Potato Medley (1) Banana (2)	Chicken & Dumplings (2) Broccoli Pineapple Betty (1) Wheat Bread (1)	Country Fried Steak (1) Mashed Potatoes (2) Seasoned Beets (1) Oregon Bean Medley (1)

You will notice a number in parentheses on the menu. This number tells you how many servings of carbohydrate are in each item. Most people with diabetes need about 3-4 servings (45-60 grams) of carbohydrate per meal. **1 serving of carbohydrate equals 15 grams. A registered dietitian can help you determine how many servings of carbohydrate you need at each meal. Please call 614-437-2882 or 614-437-2841 for assistance.**

For example:

- 1 serving = 15 grams
- 2 servings = 30 grams
- 3 servings = 45 grams
- 4 servings = 60 grams
- 5 servings = 75 gram

Chicken Mornay	←
Rice w/celery onion (1)	←
Diced Carrots	←
Fresh apple (1)	←
Wheat bread (1)	←

These foods have carbohydrates. The number to the right of the item tells you how mservings of carbohydrates. Notice, the carrots do not have a number. That's because they have very little carbohydrates.

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Marion/Champaign/Logan County Daily Cold Delivery Menu FEBRUARY 2019

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MENUS APPROVED BY: Claire Adams, LPD #10840

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Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25	Saturday January 26	Sunday January 27
Turkey & Provolone Sandwich (2) Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1	Saturday February 2	Sunday February 3
Egg Salad Sandwich Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	Turkey Chef Salad w/ Cheddar Cheese Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	Roast Beef Sandwich (2) American Cheese Cinn. Applesauce Broccoli Slaw (1)	Turkey Sandwich Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	Tuna Salad Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8	Saturday February 9	Sunday February 10
Turkey & Provolone Sandwich (2) Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
Egg Salad Sandwich Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	Turkey Chef Salad w/ Cheddar Cheese Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	Roast Beef Sandwich (2) American Cheese Cinn. Applesauce Broccoli Slaw (1)	Turkey Sandwich Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	Tuna Salad Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday February 18	Tuesday February 19	Wednesday February 20	Thursday February 21	Friday February 22	Saturday February 23	Sunday February 24
Turkey & Provolone Sandwich (2) Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	Chicken Chef Salad Ranch Dressing Club Crackers (1) Diced Peaches (1)	Chicken Pasta Salad (2) Mixed Bean Salad (1) Carrot Raisin Salad (1)	Chicken Salad Fruit Plate Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	Seafood Salad w/ Imitation Crab Vegetable Bowtie Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

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**LIFECARE
ALLIANCE**

Nourishing The Human Spirit.

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Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25	Saturday January 26	Sunday January 27
Chicken Biscuit & Gravy (2) California Blend Vegetables Cinnamon Applesauce (1)	Split Menu Day Fish Wedge w/Marinara (2) (R)Chicken Teriyaki w/Linguine(2) Bean Medley Oriental Veg Apple Crumb (2) Wheat Bread (1)	Turkey Sausage and Egg Sandwich Roasted Red Skin Potatoes (1) Mixed Vegetables(1) English Muffin (2) Fresh Banana (2)	Meatloaf w/Herb Gravy Mashed Potatoes (2) Diced Carrots Peach Cobbler (1) Wheat Bread (1)	Split Menu Day (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Green Beans Potato Medley (1) Banana (2)	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1	Saturday February 2	Sunday February 3
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	Split Menu Day (R) Fried Rice w/ Chicken Oriental Veggies (A)Spaghetti w/ TurkeyMeatball Broccoli Wheat Bread Pineapple Betty	Popcorn Chicken Bowl (1) Mashed Potatoes w/ pepper gravy(2) Corn (1) Fresh Banana (2)	Beef Stew (1) & Biscuit Broccoli Maple Roasted Sweet Potatoes (1) Fresh Banana(2)	Split Menu Day (A)Italian Sausage w/ Peppers and onions(1) Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Corn Wheat Bread (1)	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8	Saturday February 9	Sunday February 10
Fiesta Bowl Brown Rice (2) Black Beans (1) Topped w/Peppers Onions & Jack Cheese Diced Carrot Corn (1) Fresh Orange (2)	Split Menu Day (A) Kielbasa with Sauerkraut (1) Roasted Potato(1) Cinn. Apples (1) (R) Burger Parm Wheat Penne(3) Marinara (1) Green Bean Carrott	Sweet n' Sour Chicken Brown Rice (2) Oriental Veggies Maple Roasted Sweet Potatoes (1)	Mac & Cheese (2) Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	Split Menu Day (A) Country Fried Pork (1) (R) Chicken Taco Bowl (1) Carrot Coins (1) Fiesta Black Beans (1)	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
Hamburger Sweet potato puffs (1) Broccoli Fresh Apple (1) Hamburger Bun (1)	Split Menu Day (A) Baked Beans w/cornbread (R) Chicken Nuggets (1) Green Beans Carrot Coins Fresh Banana (2) Wheat Bread (1)	Salisbury Steak w/Gravy Mash Potatoes(2) Corn (1) Cinnamon Applesauce (1) Wheat Bread (1)	Farmers Mkt Cheese Omelet Peppers, onions Spinach (1) Brkfst potatoes(1) Wheat Bread (1) Fresh Banana (2)	Split Menu Day (A) BBQ Pork Riblet Mashed Potatoes (R) Cheddar Pierogis/Onions Carrot Coins Peas (1) Fresh Banana (2)	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>
Monday February 18	Tuesday February 19	Wednesday February 20	Thursday February 21	Friday February 22	Saturday February 23	Sunday February 24
Chicken Biscuit & Gravy (2) California Blend Vegetables Cinnamon Applesauce (1)	Split Menu Day Fish Wedge w/Marinara (2) (R)Chicken Teriyaki w/Linguine(2) Bean Medley Oriental Veg Apple Crumb (2) Wheat Bread (1)	Turkey Sausage and Egg Sandwich Roasted Red Skin Potatoes (1) Mixed Vegetables(1) English Muffin (2) Fresh Banana (2)	Meatloaf w/Herb Gravy Mashed Potatoes (2) Diced Carrots Peach Cobbler (1) Wheat Bread (1)	Split Menu Day (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Green Beans Potato Medley (1) Banana (2)	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>

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Chicken Mornay
Rice w/celery onion (1)
Diced Carrots
Fresh apple (1)
Wheat bread (1)

These foods have carbohydrates. The number to the right of the item tells you how many servings of carbohydrates. Notice, the carrots do not have a number. That's because they have very little carbohydrates.

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Weekly Frozen Delivery Menu FEBRUARY 2019



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	Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25	Saturday January 26	Sunday January 27
WEEK 1	Hamburger Sweet Potato Puffs Broccoli Fresh Apple Hamburger Bun	Chicken Nuggets Carrot Coins Green Beans Fresh Apple Wheat Bread	Salisbury Steak w/herb Gravy Garlic Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	Farmers Market Cheese Omelet Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Fresh Orange Wheat Bread	Chef's Choice 	Chicken Rice Casserole Mixed Veggies Maple Roasted Sweet Potatoes Wheat Bread	Chicken & Noodles Diced Chicken Oregon Blend Medley Peach Betty Wheat Bread
	Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1	Saturday February 2	Sunday February 3
WEEK 2	Chicken Biscuit & Gravy California Blend Vegetables Cinnamon Applesauce	Fish Marinara Crunchy Fish Marinara & Mozzarella Apple Betty Oregon Blend Medley Wheat Bread	Turkey Sausage & Egg Sandwich Roasted Redskin Breakfast Potatoes Diced Cinnamon Pears Berry Applesauce English Muffin	Meatloaf w/Herb Gravy Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	Chef's Choice 	Chicken & Dumplings Broccoli Pineapple Crunch Wheat Bread	Country Fried Steak Mashed Potatoes Oregon Blend Medley Seasoned Beets
	Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8	Saturday February 9	Sunday February 10
WEEK 3	Chicken Mornay Brown Rice Peas w/ Mushrooms Wheat Bread	Spaghetti & Turkey Meatballs Broccoli Pineapple Betty Wheat Bread	Popcorn Chicken Bowl Cheddar Cheese Mashed Potatoes w/ Gravy Corn Mixed Berry Applesauce	Beef Stew Biscuit Maple Roasted Sweet Potatoes Broccoli Fresh Red Apple	Chef's Choice 	Cheese Stuffed Shells Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	Pot Roast Brown Rice Mixed Veggies Tri-fruit Crunch

	Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
WEEK 4	Fiesta Bowl Brown Rice Black Beans Topped w/Peppers Onions & Cheddar Carrot Coins Corn Fresh Orange	Cheese Lasagna Peas Corn Wheat Bread	Sweet n' Sour Chicken Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	Mac & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Chef's Choice  <small>LIFECARE ALLIANCE</small> <small>Nourishing The Human Spirit.</small>	BBQ Chicken Breast Rosemary & Garlic Potatoes Green Beans Fresh Orange Wheat Bread	Beef Ravioli Corn Pineapple Betty Wheat Bread
	Monday February 18	Tuesday February 19	Wednesday February 20	Thursday February 21	Friday February 22	Saturday February 23	Sunday February 24
WEEK 1	Hamburger Sweet Potato Puffs Broccoli Fresh Apple Hamburger Bun	Chicken Nuggets Carrot Coins Green Beans Fresh Apple Wheat Bread	Salisbury Steak w/herb Gravy Garlic Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	Farmers Market Cheese Omelet Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Fresh Orange Wheat Bread	Chef's Choice  <small>LIFECARE ALLIANCE</small> <small>Nourishing The Human Spirit.</small>	Chicken Rice Casserole Mixed Veggies Maple Roasted Sweet Potatoes Wheat Bread	Chicken & Noodles Diced Chicken Oregon Blend Medley Peach Betty Wheat Bread

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LifeCare Alliance Proudly Serves:



Daily Vegetarian Delivery Menu FEBRUARY 2019

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MENUS APPROVED BY: Claire Adams, LPD #10840







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W E E K 1	Vegetarian Chick'n Sandwich Roasted Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	Cheese Lasagna Peas Apple Crumb Delight Wheat Bread	Waffle & Veggie Sausage Breakfast w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	Macaroni & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Cheese Pizza Carrot Coins Peas Fresh Banana	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

	Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1	Saturday February 2	Sunday February 3
W E E K 2	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Vegetable Shepard's Pie Green Beans Seasoned Beets Natural Applesauce Cup Wheat Bread	Vegetarian Chili Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	Vegetarian Pasta Primavera Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	Veggie Burger Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

	Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8	Saturday February 9	Sunday February 10
W E E K 3	Vegetarian Chick'n Sandwich Roasted Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	Cheese Lasagna Peas Apple Crumb Delight Wheat Bread	Waffle & Veggie Sausage Breakfast w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	Macaroni & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Cheese Pizza Carrot Coins Peas Fresh Banana	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

	Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
W E E K 4	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Vegetable Shepard's Pie Green Beans Seasoned Beets Natural Applesauce Cup Wheat Bread	Vegetarian Chili Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	Vegetarian Pasta Primavera Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	Vegan Burger Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	No Service  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>

	Monday February 18	Tuesday February 19	Wednesday February 20	Thursday February 21	Friday February 22	Saturday February 23	Sunday February 24
W E E K 5	Vegetarian Chick'n Sandwich Roasted Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	Cheese Lasagna Peas Apple Crumb Delight Wheat Bread	Waffle & Veggie Sausage Breakfast w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	Macaroni & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Cheese Pizza Carrot Coins Peas Fresh Banana	No Service  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>

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 Exact serving sizes and detailed nutrition information available upon request. Meals include an 8 oz. milk or 4 oz. juice
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 Life Care Alliance Meals-on-Wheels
 1699 West Mound Street, Columbus OH 43223
www.lifecarealliance.org

LifeCare Alliance Proudly Serves:



If you need to cancel,
 please call 888-656-6831
 or 614-278-3152 any day
*before your scheduled
 delivery or no later than
 8:30am the day of
 deliverv.*

Daily Kosher Delivery Menu FEBRUARY 2019

Life Care Alliance Meals provide 1/3 of the
 Recommended Daily Allowance (RDA) for adults age 60 and older
 MENUS APPROVED BY: Claire Adams, LPD #10840

Call for more menu options – 614-278-3152



LIFECARE ALLIANCE

Nourishing The Human Spirit.

W E E K 1	Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25	Saturday January 26	Sunday January 27
	Chicken Chow Mein Rice Egg Rolls Fresh Orange Wheat Bread	Meat Loaf Potato Pudding Peas Carrots Applesauce Cup Wheat Bread	Baked Fish Penne Pasta Green Beans Carrots Fresh Orange Wheat Bread	Cheese Ravioli Green Beans Peas Pineapple Tidbits Wheat Bread	Beef Stew w/ Gravy Red Skin Potatoes Peas and Carrots Fresh Orange Wheat Bread	Eggplant Parmigiana Spaghetti Peas Carrots Peach Cup Wheat Bread	Vegetable Stuffed Peppers Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Wheat Bread
W E E K 2	Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1	Saturday February 2	Sunday February 3
	Chicken In a Pot Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Wheat Bread	Vegetable Lasagna Sliced Carrots Corn Applesauce Cup Wheat Bread	Roasted Turkey Breast Roasted Sweet Potatoes Peas Peach Cup Wheat Bread	Chicken Breast w/Gravy Carrot Tzimmes Egg Barley Pineapple Tidbits Wheat Bread	Spaghetti & Meatballs Spaghetti Sauce Peas Fresh Orange Wheat Bread	Salisbury Steak Mashed Potatoes Corn Peas Fresh Banana Wheat Bread	Stuffed Cabbage w/ Beef Peas Carrots Fresh Apple Wheat Bread
W E E K 3	Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8	Saturday February 9	Sunday February 10
	Chicken Chow Mein Rice Egg Rolls Fresh Orange Wheat Bread	Meat Loaf Potato Pudding Peas Carrots Applesauce Cup Wheat Bread	Baked Fish Penne Pasta Green Beans Carrots Fresh Orange Wheat Bread	Cheese Ravioli Green Beans Peas Pineapple Tidbits Wheat Bread	Beef Stew w/ Gravy Red Skin Potatoes Peas and Carrots Fresh Orange Wheat Bread	Eggplant Parmigiana Spaghetti Peas Carrots Peach Cup Wheat Bread	Vegetable Stuffed Peppers Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Wheat Bread

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Daily Kosher Delivery Menu FEBRUARY 2019

Life Care Alliance Meals provide 1/3 of the
 Recommended Daily Allowance (RDA) for adults age 60 and older
 MENUS APPROVED BY: Brian Polzner, MS, RD, LD

Call for more menu options – 614-278-3152

	Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
W E E K 4	Chicken In a Pot Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Wheat Bread	Vegetable Lasagna Sliced Carrots Corn Applesauce Cup Wheat Bread	Roasted Turkey Breast Roasted Sweet Potatoes Peas Peach Cup Wheat Bread	Chicken Breast w/Gravy Carrot Tzimmes Egg Barley Pineapple Tidbits Wheat Bread	Spaghetti & Meatballs Spaghetti Sauce Peas Fresh Orange Wheat Bread	Salisbury Steak Mashed Potatoes Corn Peas Fresh Banana Wheat Bread	Stuffed Cabbage w/ Beef Peas Carrots Fresh Apple Wheat Bread

	Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
W E E K 1	Chicken Chow Mein Rice Egg Rolls Fresh Orange Wheat Bread	Meat Loaf Potato Pudding Peas Carrots Applesauce Cup Wheat Bread	Baked Fish Penne Pasta Green Beans Carrots Fresh Orange Wheat Bread	Cheese Ravioli Green Beans Peas Pineapple Tidbits Wheat Bread	Beef Stew w/ Gravy Red Skin Potatoes Peas and Carrots Fresh Orange Wheat Bread	Eggplant Parmigiana Spaghetti Peas Carrots Peach Cup Wheat Bread	Vegetable Stuffed Peppers Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Wheat Bread

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Daily Mechanical Delivery Menu FEBRUARY 2019

Life Care Alliance Meals provide 1/3 of the
 Recommended Daily Allowance (RDA) for adults age 60 and older
 MENUS APPROVED BY: Claire Adams, LPD #10840



	Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25	Saturday January 26	Sunday January 27
W E E K 1	Chicken Biscuit & Gravy Italian Blend Vegetables Cinnamon Applesauce	Fish Marinara Oregon Bean Medley Apple Crumb Delight Wheat Bread	Teriaki Chicken Lo Mein Oriental Veggies Oregon Bean Medley Apple Crumb Delight Wheat Bread	Meatloaf w/Herb Gravy Mashed Potatoes Diced Carrots Peach Cobbler Wheat Bread	Mac & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Chicken & Dumplings Broccoli Pineapple Crunch Wheat Bread	Country Fried Steak w/Gravy Mashed Potatoes Seasoned Beets Oregon Bean Medley

	Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1	Saturday February 2	Sunday February 3
W E E K 2	Chicken Mornay Peas with Mushrooms Brown Rice Wheat Bread	Spaghetti & Turkey Meatballs Broccoli Pineapple Betty Wheat Bread	Popcorn Chicken Bowl Mashed Potatoes w/ pepper gravy Corn Fresh Banana	Beef Stew & Biscuit Broccoli Maple Roasted Sweet Potatoes Fresh Banana	Cheese Lasagna Peas Corn Wheat Bread	Cheese Stuffed Shells w /Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	Chicken Rice Casserole Mixed Vegetables Maple Roasted Sweet Potatoes Wheat Bread

	Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8	Saturday February 9	Sunday February 10
W E E K 3	Fiesta Bowl Brown Rice BlackBeans Topped w/Peppers Onions & Jack Cheese Diced Carrot Corn Fresh Banana	Country Fried Steak w/Gravy Mashed Potatoes Seasoned Beets Oregon Bean Medley	Sweet n' Sour Chicken Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	Mac & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Cheese Lasagna Peas Corn Wheat Bread	BBQ Chicken Breast Rosemary & Garlic Potatoes Green Beans Fresh Banana Wheat Bread	Beef Ravioli Corn Pineapple Betty Wheat Bread

W E E K 4	Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14	Friday February 15	Saturday February 16	Sunday February 17
	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Cornbread & Baked Beans Green Beans Carrot Coins Fresh Banana Wheat Bread	Salisbury Steak w/Herb Gravy Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	Farmers Market Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Wheat Bread Fresh Banana	Cheddar Pierogis & Onions Peas Carot Coins Fresh Banana	Chicken Rice Casserole Mixed Vegetables Maple Roasted Sweet Potatoes Wheat Bread	Chicken Noodles Oregon Bean Medley Peach Betty Wheat Bread
W E E K 5	Monday February 18	Tuesday February 19	Wednesday February 20	Thursday February 21	Friday February 22	Saturday February 23	Sunday February 24
	Chicken Biscuit & Gravy Italian Blend Vegetables Cinnamon Applesauce	Fish Marinara Oregon Bean Medley Apple Crumb Delight Wheat Bread	Teriaki Chicken Lo Mein Oriental Veggies Oregon Bean Medley Apple Crumb Delight Wheat Bread	Meatloaf w/Herb Gravy Mashed Potatoes Diced Carrots Peach Cobbler Wheat Bread	Mac & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Chicken & Dumplings Broccoli Pineapple Crunch Wheat Bread	Country Fried Steak w/Gravy Mashed Potatoes Seasoned Beets Oregon Bean Medley

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