

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 Hot Delivery Menu MAY 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

To speak to a registered dietitian about our menu or about managing your diabetes call 614-437-2882 or 614-437-2841.

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



# (614) 278-3152

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

<b>Chicken Mornay</b>	←
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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## Daily Cold Delivery Menu MAY 2019

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 MENUS APPROVED BY: Claire Adams, LPD #10840  
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 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 April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
<b>Egg Salad Sandwich</b> Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	<b>Turkey Chef Salad w/ Cheddar Cheese</b> Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	<b>Roast Beef Sandwich (2)</b> American Cheese Cinn. Applesauce Broccoli Slaw (1)	<b>Turkey Sandwich</b> Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	<b>Tuna Salad</b> Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>Cottage Cheese</b> Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	<b>Corned Beef Sandwich (2)</b> Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday April 29	Tuesday April 30	Wednesday May 1	Thursday May 2	Friday May 3	Saturday May 4	Sunday May 5
<b>Turkey &amp; Provolone Sandwich (2)</b> Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	<b>Chicken Chef Salad</b> Ranch Dressing Club Crackers (1) Diced Peaches (1)	<b>Chicken Pasta Salad (2)</b> Mixed Bean Salad (1) Carrot Raisin Salad (1)	<b>Chicken Salad Fruit Plate</b> Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	<b>Seafood Salad</b> w/ Imitation Crab <i>NEW</i> <i>Macaroni Salad</i> (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	<b>Ham &amp; Swiss Sandwich (2)</b> Diced Pears (1) Four Bean Salad (1)	<b>Bagel and Creamed Cheese (4)</b> Fiesta Slaw Kidney Bean Salad (2) Fresh Orange (2)

Monday May 6	Tuesday May 7	Wednesday May 8	Thursday May 9	Friday May 10	Saturday May 11	Sunday May 12
<b>Egg Salad Sandwich</b> Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	<b>Turkey Chef Salad w/ Cheddar Cheese</b> Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	<b>Roast Beef Sandwich (2)</b> American Cheese Cinn. Applesauce Broccoli Slaw (1)	<b>Turkey Sandwich</b> Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	<b>Tuna Salad</b> Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>Cottage Cheese</b> Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	<b>Corned Beef Sandwich (2)</b> Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)

Monday May 13	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17	Saturday May 18	Sunday May 19
<b>Turkey &amp; Provolone Sandwich (2)</b> Cinnamon Applesauce (1) Three Bean Salad (1) Fresh Banana (2)	<b>Chicken Chef Salad</b> Ranch Dressing Club Crackers (1) Diced Peaches (1)	<b>Chicken Pasta Salad (2)</b> Mixed Bean Salad (1) Carrot Raisin Salad (1)	<b>Chicken Salad Fruit Plate</b> Grapes Bunch (1) Orange Wedges(1) Club Cracker (1) Pineapple Tidbits (1)	<b>Seafood Salad</b> w/ Imitation Crab <i>NEW</i> <i>Macaroni Salad</i> (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	<b>Ham &amp; Swiss Sandwich (2)</b> Diced Pears (1) Four Bean Salad (1)	<b>Bagel and Creamed Cheese (4)</b> Fiesta Slaw Kidney Bean Salad (2) Fresh Orange (2)

Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May	Sunday May 19
<b>Egg Salad Sandwich</b> Slider Bun (2) Carrot Raisin Salad(1) Kidney Bean Salad (1) Fresh Banana (2)	<b>Turkey Chef Salad w/ Cheddar Cheese</b> Italian Dressing Club Crackers (1) Pineapple Tidbits (2)	<b>Roast Beef Sandwich (2)</b> American Cheese Cinn. Applesauce Broccoli Slaw (1)	<b>Turkey Sandwich</b> Wheat Bread (2) American Cheese Brown Bean Salad (1) Fiesta Slaw (1)	<b>Tuna Salad</b> Springtime Pasta (2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	<b>Cottage Cheese</b> Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	<b>Corned Beef Sandwich (2)</b> Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (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:  
 Life Care Alliance Meals-on-Wheels  
 1699 West Mound Street, Columbus OH 43223  
[www.lifecarealliance.org](http://www.lifecarealliance.org)

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## Weekly Frozen Delivery Menu MAY 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

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	Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
<b>WEEK 1</b>	<b>Chicken Biscuit &amp; Gravy</b> California Blend Vegetables Cinnamon Applesauce	<b>Fish Marinara</b> Crunchy Fish Marinara & Mozzarella Apple Betty Oregon Blend Medley Wheat Bread	<b>Turkey Sausage &amp; Egg Sandwich</b> Breakfast Potatoes Diced Cinnamon Pears Berry Applesauce English Muffin	<b>Meatloaf w/Herb Gravy</b> Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	<b>Chef's Choice</b>  	<b>Chicken &amp; Dumplings</b> Broccoli Pineapple Crunch Wheat Bread	<b>Country Fried Steak</b> Mashed Potatoes Oregon bean Medley Seasoned Beets
	Monday April 29	Tuesday April 30	Wednesday May 1	Thursday May 2	Friday May 3	Saturday May 4	Sunday May 5
<b>WEEK 2</b>	<b>Chicken Mornay</b> Brown Rice Peas w/ Mushrooms Wheat Bread	<b>Spaghetti &amp; Turkey Meatballs</b> Broccoli Pineapple Betty Wheat Bread	<b>Salisbury Steak w/ herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Chicken &amp; Noodles</b> Diced Chicken Oregon Bean Medley Peach Betty Wheat Bread	<b>Chef's Choice</b>  	<b>Cheese Stuffed Shells</b> Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Pot Roast</b> Brown Rice Mixed Veggies Tri-fruit Crunch
	Monday May 6	Tuesday May 7	Wednesday May 8	Thursday May 9	Friday May 10	Saturday May 11	Sunday May 12
<b>WEEK 3</b>	<b>Fiesta Bowl</b> Brown Rice Fiesta Black Beans Topped w/Peppers Onions & Cheddar Carrot Coins Corn Fresh Orange	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>Mac &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Chef's Choice</b>  	<b>BBQ Chicken Breast</b> Rosemary & Garlic Potatoes Green Beans Fresh Orange Wheat Bread	<b>Beef Ravioli</b> Corn Pineapple Betty Wheat Bread

W E E K  4	<b>Monday May 13</b>	<b>Tuesday May 14</b>	<b>Wednesday May 15</b>	<b>Thursday May 16</b>	<b>Friday May 17</b>	<b>Saturday May 18</b>	<b>Sunday May 19</b>
	<b>Hamburger</b> Mashed Sweet Potato Broccoli Fresh Apple Hamburger Bun	<b>Chicken Nuggets</b> Carrot Coins Green Beans Fresh Apple Wheat Bread	<b>Popcorn Chicken Bowl</b> Mashed Potatoes w/ pepper gravy Corn Mixed Berry Applesauce	<b>Farmers Market Cheese Omelet</b> Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Fresh Orange Wheat Bread	<b>Chef's Choice</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>Chicken Rice Casserole</b> California Blend Vegetables Scalloped Potatoes Wheat Bread	<b>Beef Stew &amp; Biscuit</b> Broccoli Maple Roasted Sweet Potatoes Red Delicious Apple
W E E K  1	<b>Monday May 20</b>	<b>Tuesday May 21</b>	<b>Wednesday May 22</b>	<b>Thursday May 23</b>	<b>Friday May 24</b>	<b>Saturday May 25</b>	<b>Sunday May 26</b>
	<b>Chicken Biscuit &amp; Gravy</b> California Blend Vegetables Cinnamon Applesauce	<b>Fish Marinara</b> Crunchy Fish Marinara & Mozzarella Apple Betty Oregon Blend Medley Wheat Bread	<b>Turkey Sausage &amp; Egg Sandwich</b> Breakfast Potatoes Diced Cinnamon Pears Berry Applesauce English Muffin	<b>Meatloaf w/Herb Gravy</b> Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	<b>Chef's Choice</b>  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>Chicken &amp; Dumplings</b> Broccoli Pineapple Crunch Wheat Bread	<b>Country Fried Steak</b> Mashed Potatoes Oregon bean Medley Seasoned Beets

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LifeCare Alliance Proudly Serves:



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## Daily Kosher Delivery Menu MAY 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	<b>Monday April 22</b>	<b>Tuesday April 23</b>	<b>Wednesday April 24</b>	<b>Thursday April 25</b>	<b>Friday April 26</b>	<b>Saturday April 27</b>	<b>Sunday April 28</b>
	<b>Baked Fish</b> Tomato Herb Sauce Parsley Potatoes Carrots Fresh Orange  "PASSOVER MEAL"	<b>Herb Roasted Chicken Leg w/Gravy</b> Carrots Potatoes Fresh Apple  "PASSOVER MEAL"	<b>Eggplant Parmagiana</b> Tomato Sauce Carrots Broccoli Mozzarella Sticks Fresh Orange "PASSOVER MEAL"	<b>Salisbury Steak</b> Gravy Mashed Potatoes Broccoli Fresh Banana  "PASSOVER MEAL"	<b>Salmon Cakes</b> Mashed Potatoes Broccoli Fresh Orange  "PASSOVER MEAL"	<b>Roast Turkey Breast</b> Gravy Sweet Potatoes Glazed Dill Carrots Fresh Banana  "PASSOVER MEAL"	<b>Pot Roast w/ Gravy</b> Carrots Potato Pudding Fresh Orange  "PASSOVER MEAL"
W E E K  2	<b>Monday April 29</b>	<b>Tuesday April 30</b>	<b>Wednesday May 1</b>	<b>Thursday May 2</b>	<b>Friday May 3</b>	<b>Saturday May 4</b>	<b>Sunday May 5</b>
	<b>Baked Fish</b> Tomato Herb Sauce Parsley Potatoes Carrots Fresh Orange  "PASSOVER MEAL"	<b>Herb Roasted Chicken Leg w/Gravy</b> Carrots Potatoes Fresh Apple  "PASSOVER MEAL"	<b>Eggplant Parmagiana</b> Tomato Sauce Carrots Broccoli Mozzarella Sticks Fresh Orange "PASSOVER MEAL"	<b>Salisbury Steak</b> Gravy Mashed Potatoes Broccoli Fresh Banana  "PASSOVER MEAL"	<b>Salmon Cakes</b> Mashed Potatoes Broccoli Fresh Orange  "PASSOVER MEAL"	<b>Roast Turkey Breast</b> Gravy Sweet Potatoes Glazed Dill Carrots Fresh Banana  "PASSOVER MEAL"	<b>Pot Roast w/ Gravy</b> Carrots Potato Pudding Fresh Orange  "PASSOVER MEAL"
W E E K  3	<b>Monday May 6</b>	<b>Tuesday May 7</b>	<b>Wednesday May 8</b>	<b>Thursday May 9</b>	<b>Friday May 10</b>	<b>Saturday May 11</b>	<b>Sunday May 12</b>
	<b>Chicken In a Pot</b> Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange  Kosher Wheat Bread	<b>Vegetable Lasagna</b> Sliced Carrots Corn Applesauce Cup  Kosher Wheat Bread	<b>Roasted Turkey Breast</b> Roasted Sweet Potatoes Peas Peach Cup  Kosher Wheat Bread	<b>Chicken Breast w/Gravy</b> Carrot Tzimmes Egg Barley Pineapple Tidbits  Kosher Wheat Bread	<b>Spaghetti &amp; Meatballs</b> Spaghetti Sauce Peas Fresh Orange  Kosher Wheat Bread	<b>Salisbury Steak</b> Mashed Potatoes Corn Peas Fresh Banana  Kosher Wheat Bread	<b>Stuffed Cabbage w/ Beef</b> Peas Carrots Fresh Apple  Kosher Wheat Bread

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## Daily Kosher Delivery Menu MAY 2019

Life Care Alliance Meals provide 1/3 of the  
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 MENUS APPROVED BY: Brian Polzner, MS, RD, LD

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	Monday May 13	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17	Saturday May 18	Sunday May 19
W E E K  4	<b>Chicken Chow Mein</b> Rice Egg Rolls Fresh Orange	<b>Meat Loaf</b> Potato Pudding Peas Carrots Applesauce Cup	<b>Baked Fish</b> Penne Pasta Green Beans Carrots Fresh Orange	<b>Cheese Ravioli</b> Green Beans Peas Pineapple Tidbits	<b>Beef Stew w/ Gravy</b> Red Skin Potatoes Peas and Carrots Fresh Orange	<b>Eggplant Parmigiana</b> Spaghetti Peas Carrots Peach Cup	<b>Vegetable Stuffed Peppers</b> Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Kosher Wheat Bread
	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	

	Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May	Sunday May 19
W E E K  1	<b>Chicken In a Pot</b> Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange	<b>Vegetable Lasagna</b> Sliced Carrots Corn Applesauce Cup	<b>Roasted Turkey Breast</b> Roasted Sweet Potatoes Peas Peach Cup	<b>Chicken Breast w/Gravy</b> Carrot Tzimmes Egg Barley Pineapple Tidbits	<b>Spaghetti &amp; Meatballs</b> Spaghetti Sauce Peas Fresh Orange	<b>Salisbury Steak</b> Mashed Potatoes Corn Peas Fresh Banana	<b>Stuffed Cabbage</b> w/ Beef Peas Carrots Fresh Apple
	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread

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## Daily Vegetarian Delivery Menu MAY 2019

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	Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
W E E K  1	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Mashed Potatoes Green Beans Seasoned Beets Natural Applesauce Wheat Bread	<b>Vegetarian Chili</b> Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	<b>Vegetarian Pasta Primavera</b> Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	<b>Veggie Burger</b> Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	<b>No Service</b>   LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>   LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

	Monday April 29	Tuesday April 30	Wednesday May 1	Thursday May 2	Friday May 3	Saturday May 4	Sunday May 5
W E E K  2	<b>Vegetarian Chick'n Sandwich</b> Roasted Redskin Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	<b>Cheese Lasagna</b> Peas Apple Crumb Delight Wheat Bread	<b>Macaroni &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Waffle &amp; Veggie Sausage Breakfast</b> w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	<b>Cheese Pizza</b> Carrot Coins Peas Fresh Banana	<b>No Service</b>   LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>   LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

	Monday May 6	Tuesday May 7	Wednesday May 8	Thursday May 9	Friday May 10	Saturday May 11	Sunday May 12
W E E K  3	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Mashed Potatoes Green Beans Seasoned Beets Natural Applesauce Wheat Bread	<b>Vegetarian Chili</b> Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	<b>Vegetarian Pasta Primavera</b> Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	<b>Veggie Burger</b> Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	<b>No Service</b>   LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>	<b>No Service</b>   LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small>

	Monday May 13	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17	Saturday May 18	Sunday May 19
W E E K 4	<b>Vegetarian Chick'n Sandwich</b> Roasted Redskin Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	<b>Cheese Lasagna</b> Peas Apple Crumb Delight Wheat Bread	<b>Macaroni &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Waffle &amp; Veggie Sausage Breakfast</b> w/ Syrup Potato Wedges Cinnamon Pears Fresh Banana	<b>Cheese Pizza</b> Carrot Coins Peas Fresh Banana	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>

	Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May	Sunday May 19
W E E K 5	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Vegetable Shepard's Pie</b> Mashed Potatoes Green Beans Seasoned Beets Natural Applesauce Wheat Bread	<b>Vegetarian Chili</b> Cheddar Cheese California Blend Vegetables Apple Crumb Delight Mini Cornbread	<b>Vegetarian Pasta Primavera</b> Green Beans Strawberry Apple Delight Mozzarella Cheese Wheat Bread	<b>Veggie Burger</b> Brown Rice Edamame & Corn Diced Carrots Mixed Fruit Cup Hamburger Bun	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> <small>Nourishing The Human Spirit.</small>	<b>No Service</b>  <b>LIFECARE ALLIANCE</b> <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  
 For questions regarding service or to request a copy of ALL menus contact:  
 Life Care Alliance Meals-on-Wheels  
 1699 West Mound Street, Columbus OH 43223  
[www.lifecarealliance.org](http://www.lifecarealliance.org)

LifeCare Alliance Proudly Serves:





**If you need to cancel, please call 1-888-656-6831 any day before your scheduled delivery or no later than 8:30am the day of delivery.**

## Marion/Champaign/Logan County Daily Cold Delivery Menu MAY 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

**To speak to a registered dietitian about our menus or about managing your diabetes call 614-437-2882 or 614-437-2841.**

**(888) 656-6831-or-(614) 278-3152**



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

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

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# Marion/Champaign/Logan County Daily Hot Delivery Menu MAY 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

To speak to a registered dietitian about our menus or  
about managing your diabetes call 614-437-2882 or 614-437-2841.  
(A) Denotes Alternate Meal selection (R) Denotes Regular Meal selection

**(888) 656-6831—or—(614) 278-3152**



**LIFECARE  
ALLIANCE**  
Nourishing The Human Spirit.

If you need to cancel, please call 1-888-656-6831 any day before your scheduled delivery or no later than 8:30am the day of delivery.

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

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 many servings of carbohydrates. Notice, the carrots do not have a number. That's because they have very little carbohydrates.

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*before your scheduled  
 delivery or no later than  
 8:30am the day of delivery.*

## Daily Mechanical Delivery Menu MAY 2019

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 Recommended Daily Allowance (RDA) for adults age 60 and older  
 MENUS APPROVED BY: Claire Adams, LPD #10840



	Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27	Sunday April 28
W E E K  1	<b>Chicken Mornay</b> Peas with Mushrooms Brown Rice Wheat Bread	<b>Spaghetti &amp; Turkey Meatballs</b> Broccoli Pineapple Betty Wheat Bread	<b>Salisbury Steak w/Herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Chicken Noodles</b> Oregon Bean Medley Peach Betty Wheat Bread	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>Cheese Stuffed Shells w /Tomato Basil Sauce</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Chicken Rice Casserole</b> California Blend Vegetables Maple Roasted Sweet Potatoes Wheat Bread

	Monday April 29	Tuesday April 30	Wednesday May 1	Thursday May 2	Friday May 3	Saturday May 4	Sunday May 5
W E E K  2	<b>Fiesta Bowl</b> Brown Rice BlackBeans Topped wPeppers Onions & Jack Cheese Diced Carrot Corn Fresh Banana	<b>Country Fried Steak w/Gravy</b> Mashed Potatoes Seasoned Beets Oregon Bean Medley	<b>Mac &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Sweet n' Sour Chicken</b> Brown Rice Oriental Veggies Maple Roasted Sweet Potatoes	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>BBQ Chicken Breast</b> Rosemary & Garlic Potatoes Green Beans Fresh Banana Wheat Bread	<b>Beef Ravioli</b> Corn Pineapple Betty Wheat Bread

	Monday May 6	Tuesday May 7	Wednesday May 8	Thursday May 9	Friday May 10	Saturday May 11	Sunday May 12
W E E K  3	<b>Cheese Stuffed Shells</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Cornbread &amp; Baked Beans</b> Green Beans Carrot Coins Fresh Banana Wheat Bread	<b>Popcorn Chicken Bowl</b> Mashed Potatoes w/ pepper gravy Corn Fresh Banana	<b>Farmers Market Omelet w/ Peppers, Onions &amp; Spinach</b> Breakfast Potatoes Wheat Bread Fresh Banana	<b>Cheddar Pierogis &amp; Onions</b> Peas Carot Coins Fresh Banana	<b>Chicken Rice Casserole</b> California Blend Vegetables Scalloped Potatoes Wheat Bread	<b>Beef Stew w/ Biscuit</b> Broccoli Maple Roasted Sweet Potatoes Fresh Banana

	Monday May 13	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17	Saturday May 18	Sunday May 19
W E E K 4	<b>Chicken Biscuit &amp; Gravy</b> California Blend Vegetables Cinnamon Applesauce	<b>Fish Marinara</b> Oregon Bean Medley Apple Crumb Delight Wheat Bread	<b>Teriaki Chicken Lo Mein</b> Oriental Veggies Oregon Bean Medley Apple Crumb Delight Wheat Bread	<b>Meatloaf w/Herb Gravy</b> Mashed Potatoes Diced Carrots Peach Cobbler Wheat Bread	<b>Mac &amp; Cheese</b> Green Beans Strawberry Apple Delight Wheat Bread	<b>Chicken &amp; Dumplings</b> Broccoli Pineapple Crunch Wheat Bread	<b>Country Fried Steak w/Gravy</b> Mashed Potatoes Seasoned Beets Oregon Bean Medley
	Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	Saturday May	Sunday May 19
W E E K 5	<b>Chicken Mornay</b> Peas with Mushrooms Brown Rice Wheat Bread	<b>Spaghetti &amp; Turkey Meatballs</b> Broccoli Pineapple Betty Wheat Bread	<b>Salisbury Steak w/Herb Gravy</b> Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	<b>Chicken Noodles</b> Oregon Bean Medley Peach Betty Wheat Bread	<b>Cheese Lasagna</b> Peas Corn Wheat Bread	<b>Cheese Stuffed Shells w /Tomato Basil Sauce</b> Peas & Mushrooms Pineapple Betty Wheat Bread	<b>Chicken Rice Casserole</b> California Blend Vegetables Maple Roasted Sweet Potatoes Wheat Bread

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