

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
DECEMBER 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 November 18	Tuesday November 19	Wednesday November 20	Thursday November 21	Friday November 22	Saturday November 23	Sunday November 24
Egg Salad Sandwich Slider Bun (2) Springtime Pasta Salad 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 Ambrosia (1) Fiesta Slaw (1)	Tuna Salad Greek Pasta Salad(2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	Cottage Cheese Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	Corned Beef Sandwich (2) Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)
Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29	Saturday November 30	Sunday December 1
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 Macaroni Salad (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 December 2	Tuesday December 3	Wednesday December 4	Thursday December 5	Friday December 6	Saturday December 7	Sunday December 8
Egg Salad Sandwich Slider Bun (2) Springtime Pasta Salad 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 Ambrosia (1) Fiesta Slaw (1)	Tuna Salad Greek Pasta Salad(2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	Cottage Cheese Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	Corned Beef Sandwich (2) Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)
Monday December 9	Tuesday December 10	Wednesday December 11	Thursday December 12	Friday December 13	Saturday December 14	Sunday December 15
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 Macaroni Salad (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 December 16	Tuesday December 17	Wednesday December 18	Thursday December 19	Friday December 20	Saturday December 21	Sunday December 22
Egg Salad Sandwich Slider Bun (2) Springtime Pasta Salad 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 Ambrosia (1) Fiesta Slaw (1)	Tuna Salad Greek Pasta Salad(2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	Cottage Cheese Fruit Plate Vegetable Bowtie Pasta (2) Peach Half (1) Pear Half (1) Club Crackers (1)	Corned Beef Sandwich (2) Swiss Cheese Italian Pasta (3) Beet Onion Salad (1) Fresh Banana (2)



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Daily Hot Delivery Menu
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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 November 18	Tuesday November 19	Wednesday November 20	Thursday November 21	Friday November 22	Saturday November 23	Sunday November 24
Hamburger Mac & Cheese 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)	Popcorn Chicken Bowl (1) Mashed Potatoes w/ pepper gravy & Cheesr(2) Corn (1) Fresh Banana (2)	Farmers Mkt Cheese Omelet Peppers, onions Spinach (1) Brkfst potatoes(1) Fresh Apple (2) Wheat Bread (1)	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) Scalloped Potatoes (1) Wheat Bread (1)	Beef Stew (1) & Biscuit Broccoli Maple Roasted Sweet Potatoes (1) Fresh Orange(2)
Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29	Saturday November 30	Sunday December 1
Pot Roast and Gravy Brown Rice(2) Mixed Veggies Scalloped Potatoes	THANKSGIVING OBSERVED Turkey w/ Gravy Mashed Potatoes Bread Dressing Green Beans Cranberry Jello Pumpkin Pie Dinner Roll	Waffle & Veggie Sausage Potato Wedge Diced Cinnamon Pears Fresh Orange	THANKSGIVING DAY Turkey w/ Gravy Mashed Potatoes Bread Dressing Green Beans Cranberry Jello Pumpkin Pie Dinner Roll	Split Menu Day (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Tri Color Potato Medley (1) Green Beans Fresh 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 December 2	Tuesday December 3	Wednesday December 4	Thursday December 5	Friday December 6	Saturday December 7	Sunday December 8
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	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)	Split Menu Day (A)Italian Sausage w/ Peppers and onions(1) Corn Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Wheat Bread (1)	Cheese Stuffed Shells (1) Tomato Basil Sauce Peas and Mushrooms (1) Pineapple Betty(1) Wheat Bread (1)	Chicken Biscuit & Gravy (2) California Blend Vegetables Cinnamon Applesauce (1)
Monday December 9	Tuesday December 10	Wednesday December 11	Thursday December 12	Friday December 13	Saturday December 14	Sunday December 15
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 Oriental Veggies Maple Roasted Sweet Potatoes	Mac & Cheese (2) Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	Split Menu Day (A) Country Fried Pork (1) Carrot Coins (1) Fiesta Black Beans (R) Chicken Taco Bowl Roasted Veg Slaw	BBQ Chicken Breast (1) Rosemary & Garlic Potatoes (1) Green Beans Fresh Banana (2) Wheat Bread (1)	Breakfast Skillet Fried Egg Cheddar Cheese Cheddar Grits Cinnamon Applesauce
Monday December 16	Tuesday December 17	Wednesday December 18	Thursday December 19	Friday December 20	Saturday December 21	Sunday December 22
Hamburger Mac & Cheese 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)	Popcorn Chicken Bowl (1) Mashed Potatoes w/ pepper gravy & Cheesr(2) Corn (1) Fresh Banana (2)	Farmers Mkt Cheese Omelet Peppers, onions Spinach (1) Brkfst potatoes(1) Fresh Apple (2) Wheat Bread (1)	CHRISTMAS OBSERVED Ham w/ Pineapple Green Bean Casserole Roasted Redskins Chocolate mousse Dinner Rolls	Chicken Rice Casserole (1) Calif. Veggies (1) Scalloped Potatoes (1) Wheat Bread (1)	Beef Stew (1) & Biscuit Broccoli Maple Roasted Sweet Potatoes (1) Fresh Orange(2)

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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Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29	Saturday November 30	Sunday December 1
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)	THANKSGIVING DAY NO SERVICE 	Seafood Salad w/ Imitation Crab Macaroni Salad (2) Orange Wedges (1) Slider Bun (1) Fresh Banana (2)	 NO SERVICE	 NO SERVICE
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Egg Salad Sandwich Slider Bun (2) Springtime Pasta Salad 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 Ambrosia (1) Fiesta Slaw (1)	Tuna Salad Greek Pasta Salad(2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	 NO SERVICE	 NO SERVICE
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Monday December 16	Tuesday December 17	Wednesday December 18	Thursday December 19	Friday December 20	Saturday December 21	Sunday December 22
Egg Salad Sandwich Slider Bun (2) Springtime Pasta Salad 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 Ambrosia (1) Fiesta Slaw (1)	Tuna Salad Greek Pasta Salad(2) Orange Wedges (1) Slider Bun (1) Fresh Apple (1)	 NO SERVICE	 NO SERVICE



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Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29	Saturday November 30	Sunday December 1
Pot Roast and Gravy Brown Rice(2) Mixed Veggies Scalloped Potatoes	<u>THANKSGIVING OBSERVED</u> Turkey w/ Gravy Mashed Potatoes Bread Dressing Green Beans Cranberry Jello Pumpkin Pie Dinner Roll	Waffle & Veggie Sausage Potato Wedge Diced Cinnamon Pears Fresh Orange	<u>THANKSGIVING DAY</u> NO SERVICE	<u>Split Menu Day</u> (A)Sausage Gravy & Biscuit (R) Breaded Potato Fish (1) Tri Color Potato Medley (1) Green Beans Fresh Banana (2)	 NO SERVICE	 NO SERVICE
Monday December 2	Tuesday December 3	Wednesday December 4	Thursday December 5	Friday December 6	Saturday December 7	Sunday December 8
Chicken Mornay Peas with Mushrooms (1) Brown Rice (2) Wheat Bread (1)	<u>Split Menu Day</u> (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)	<u>Split Menu Day</u> (A)Italian Sausage w/ Peppers and onions(1) Corn Baked Beans (2) (R) Cheese Lasagna (2) w/Peas(1) Wheat Bread (1)	 NO SERVICE	 NO SERVICE
Monday December 9	Tuesday December 10	Wednesday December 11	Thursday December 12	Friday December 13	Saturday December 14	Sunday December 15
Fiesta Bowl Brown Rice (2) Black Beans (1) Topped w/Peppers Onions & Jack Cheese Diced Carrot Corn (1) Fresh Orange (2)	<u>Split Menu Day</u> (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 Oriental Veggies Maple Roasted Sweet Potatoes	Mac & Cheese (2) Green Beans Strawberry Apple Delight (1) Wheat Bread (1)	<u>Split Menu Day</u> (A) Country Fried Pork (1) Carrot Coins (1) Fiesta Black Beans (R) Chicken Taco Bowl Roasted Veg Slaw	 NO SERVICE	 NO SERVICE
Monday December 16	Tuesday December 17	Wednesday December 18	Thursday December 19	Friday December 20	Saturday December 21	Sunday December 22
Hamburger Mac & Cheese Broccoli Fresh Apple (1) Hamburger Bun (1)	<u>Split Menu Day</u> (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 & Cheesr(2) Corn (1) Fresh Banana (2)	Farmers Mkt Cheese Omelet Peppers, onions Spinach (1) Brkfst potatoes(1) Fresh Apple (2) Wheat Bread (1)	<u>CHRISTMAS OBSERVED</u> Ham w/ Pineapple Green Bean Casserole Roasted Redskins Chocolate mousse Dinner Rolls	 NO SERVICE	 NO SERVICE

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Diced Carrots

Fresh apple (1)

Wheat bread (1)

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Weekly Frozen Delivery Menu DECEMBER 2019



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WEEK	Monday November 18	Tuesday November 19	Wednesday November 20	Thursday November 21	Friday November 22	Saturday November 23	Sunday November 24
	Fiesta Bowl Brown Rice Fiesta Black Beans Topped w/Peppers Onions & Cheese Diced Carrots 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  LIFECARE ALLIANCE Nourishing The Human Spirit.	BBQ Chicken Breast Rosemary & Garlic Potatoes Green Beans Fresh Banana Wheat Bread	Breakfast Skillet Fried Egg Cheddar Cheese Cheddar Grits Cinnamon Applesauce
WEEK	Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29	Saturday November 30	Sunday December 1
	Hamburger Mac and Cheese Broccoli Fresh Apple Hamburger Bun	Chicken Nuggets Carrot Coins Green Beans Fresh Apple Wheat Bread	Popcorn Chicken Bowl Mashed Potatoes Cheddar Cheese Pepper Gravy Corn Mixed Berry Applesauce	Farmers Market Cheese Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Fresh Orange Wheat Bread THANKSGIVING	Chef's Choice  LIFECARE ALLIANCE Nourishing The Human Spirit.	Chicken Rice Casserole California Blend Vegetables Scalloped Potatoes Wheat Bread	Beef Stew & Biscuit Broccoli Maple Roasted Sweet Potatoes Fresh Apple
WEEK	Monday December 2	Tuesday December 3	Wednesday December 4	Thursday December 5	Friday December 6	Saturday December 7	Sunday December 8
	Pot Roast w/ Gravy Brown Rice(2) Mixed Veggies Scalloped Potatoes	Fish Marinara Crunchy Fish Marinara & Mozzarella Apple Betty Oregon Blend Medley Wheat Bread	Waffle & Veggie Sausage Potato Wedge Diced Cinnamon Pears Fresh Orange	Meatloaf w/Herb Gravy Mashed Potatoes Diced Carrots Peach Betty Wheat Bread	Chef's Choice  LIFECARE ALLIANCE Nourishing The Human Spirit.	Chicken & Dumplings Broccoli Pineapple Crunch Wheat Bread	Country Fried Steak Mashed Potatoes Oregon Bean Medley Seasoned Beets

W E E K 4	Monday December 9	Tuesday December 10	Wednesday December 11	Thursday December 12	Friday December 13	Saturday December 14	Sunday December 15
	Chicken Mornay Brown Rice Peas w/ Mushrooms Wheat Bread	Spaghetti & Turkey Meatballs Broccoli Pineapple Betty Wheat Bread	Salisbury Steak w/ herb Gravy Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	Chicken & Noodles Diced Chicken Oregon Bean Medley Mashed Sweet Potatoes Wheat Bread	Chef's Choice 	Cheese Stuffed Shells Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	Chicken Biscuit & Gravy California Blend Vegetables Cinnamon Applesauce
W E E K 1	Monday December 16	Tuesday December 17	Wednesday December 18	Thursday December 19	Friday December 20	Saturday December 21	Sunday December 22
	Fiesta Bowl Brown Rice Fiesta Black Beans Topped w/Peppers Onions & Cheese Diced Carrots 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 	BBQ Chicken Breast Rosemary & Garlic Potatoes Green Beans Fresh Banana Wheat Bread	Breakfast Skillet Fried Egg Cheddar Cheese Cheddar Grits Cinnamon Applesauce

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LifeCare Alliance Proudly Serves:





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Daily Vegetarian Delivery Menu DECEMBER 2019

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	Monday November 18	Tuesday November 19	Wednesday November 20	Thursday November 21	Friday November 22	Saturday November 23	Sunday November 24
W E E K 1	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Vegetable Shepard's Pie Mashed Potatoes Green Beans Seasoned Beets Natural Applesauce 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  LIFECARE ALLIANCE Nourishing The Human Spirit.	No Service  LIFECARE ALLIANCE Nourishing The Human Spirit.

	Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29	Saturday November 30	Sunday December 1
W E E K 2	Vegetarian Chick'n Sandwich Roasted Redskin Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	Cheese Lasagna Peas Corn Wheat Bread	Vegetarian Sausage & Egg Sandwich Breakfast Potatoes Cinnamon Pears English Muffin Fresh Banana	Macaroni & Cheese Green Beans Strawberry Apple Delight Wheat Bread	Cheese Pizza Carrot Coins Peas Fresh Banana	No Service  LIFECARE ALLIANCE Nourishing The Human Spirit.	No Service  LIFECARE ALLIANCE Nourishing The Human Spirit.

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W E E K 3	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Vegetable Shepard's Pie Mashed Potatoes Green Beans Seasoned Beets Natural Applesauce 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  LIFECARE ALLIANCE Nourishing The Human Spirit.	No Service  LIFECARE ALLIANCE Nourishing The Human Spirit.

	Monday December 9	Tuesday December 10	Wednesday December 11	Thursday December 12	Friday December 13	Saturday December 14	Sunday December 15
W E E K 4	Vegetarian Chick'n Sandwich Roasted Redskin Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	Cheese Lasagna Peas Corn Wheat Bread	Vegetarian Sausage & Egg Sandwich Breakfast Potatoes Cinnamon Pears English Muffin 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>

	Monday December 16	Tuesday December 17	Wednesday December 18	Thursday December 19	Friday December 20	Saturday December 21	Sunday December 22
W E E K 5	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Vegetable Shepard's Pie Mashed Potatoes Green Beans Seasoned Beets Natural Applesauce 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  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>	No Service  LIFECARE ALLIANCE <small>Nourishing The Human Spirit.</small>

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(614) 278-3152

W E E K 1	Monday November 18	Tuesday November 19	Wednesday November 20	Thursday November 21	Friday November 22	Saturday November 23	Sunday November 24
	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Cornbread & Baked Beans Green Beans Carrot Coins Fresh Banana Wheat Bread	Popcorn Chicken Bowl Mashed Potatoes w/ pepper gravy Corn Fresh Banana	Farmers Market Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Wheat Bread Fresh Banana	Cheddar Pierogis & Onions Peas Carrot Coins Fresh Banana	Chicken Rice Casserole California Blend Vegetables Scalloped Potatoes Wheat Bread	Beef Stew w/ Biscuit Broccoli Maple Roasted Sweet Potatoes Fresh Banana
W E E K 2	Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29	Saturday November 30	Sunday December 1
	BBQ Chicken Scalloped Potatoes Mixed Veggies Wheat Bread	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
W E E K 3	Monday December 2	Tuesday December 3	Wednesday December 4	Thursday December 5	Friday December 6	Saturday December 7	Sunday December 8
	Chicken Mornay Peas with Mushrooms Brown Rice Wheat Bread	Spaghetti & Turkey Meatballs Broccoli Pineapple Betty Wheat Bread	Salisbury Steak w/Herb Gravy Mashed Potatoes Corn Cinnamon Applesauce Wheat Bread	Chicken Noodles Oregon Bean Medley Peach Betty Wheat Bread	Cheese Lasagna Peas Corn Wheat Bread	Cheese Stuffed Shells w /Tomato Basil Sauce Peas & Mushrooms Pineapple Betty Wheat Bread	Chicken Rice Casserole California Blend Vegetables Scalloped Potatoes Wheat Bread

W E E K 4	Monday December 9	Tuesday December 10	Wednesday December 11	Thursday December 12	Friday December 13	Saturday December 14	Sunday December 15
	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	Cheese Stuffed Shells Tomato Basil Sauce Peas and Mushrooms Wheat Bread
W E E K 5	Monday December 16	Tuesday December 17	Wednesday December 18	Thursday December 19	Friday December 20	Saturday December 21	Sunday December 22
	Cheese Stuffed Shells Peas & Mushrooms Pineapple Betty Wheat Bread	Cornbread & Baked Beans Green Beans Carrot Coins Fresh Banana Wheat Bread	Popcorn Chicken Bowl Mashed Potatoes w/ pepper gravy Corn Fresh Banana	Farmers Market Omelet w/ Peppers, Onions & Spinach Breakfast Potatoes Wheat Bread Fresh Banana	Cheddar Pierogis & Onions Peas Carrot Coins Fresh Banana	Chicken Rice Casserole California Blend Vegetables Scalloped Potatoes Wheat Bread	Beef Stew w/ Biscuit Broccoli Maple Roasted Sweet Potatoes Fresh Banana

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:

LifeCare 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 DECEMBER 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



W E E K 1	Monday November 18	Tuesday November 19	Wednesday November 20	Thursday November 21	Friday November 22	Saturday November 23	Sunday November 24
	Chicken In a Pot Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Kosher Wheat Bread	Vegetable Lasagna Sliced Carrots Corn Applesauce Cup Kosher Wheat Bread	Roasted Turkey Breast Roasted Sweet Potatoes Peas Peach Cup Kosher Wheat Bread	Chicken Breast w/Gravy Carrot Tzimmes Egg Barley Pineapple Tidbits Kosher Wheat Bread	Spaghetti & Meatballs Spaghetti Sauce Peas Fresh Orange Kosher Wheat Bread	Salisbury Steak Mashed Potatoes Corn Peas Fresh Banana Kosher Wheat Bread	Stuffed Cabbage w/ Beef Peas Carrots Fresh Apple Kosher Wheat Bread
W E E K 2	Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29	Saturday November 30	Sunday December 1
	Chicken Chow Mein Rice Egg Rolls Fresh Orange Kosher Wheat Bread	Meat Loaf Potato Pudding Peas Carrots Applesauce Cup Kosher Wheat Bread	Baked Fish Penne Pasta Green Beans Carrots Fresh Orange Kosher Wheat Bread	Cheese Ravioli Green Beans Peas Pineapple Tidbits Kosher Wheat Bread	Beef Stew w/ Gravy Red Skin Potatoes Peas and Carrots Fresh Orange Kosher Wheat Bread	Eggplant Parmigiana Spaghetti Peas Carrots Peach Cup Kosher Wheat Bread	Vegetable Stuffed Peppers Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Kosher Wheat
W E E K 3	Monday December 2	Tuesday December 3	Wednesday December 4	Thursday December 5	Friday December 6	Saturday December 7	Sunday December 8
	Chicken In a Pot Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange Kosher Wheat Bread	Vegetable Lasagna Sliced Carrots Corn Applesauce Cup Kosher Wheat Bread	Roasted Turkey Breast Roasted Sweet Potatoes Peas Peach Cup Kosher Wheat Bread	Chicken Breast w/Gravy Carrot Tzimmes Egg Barley Pineapple Tidbits Kosher Wheat Bread	Spaghetti & Meatballs Spaghetti Sauce Peas Fresh Orange Kosher Wheat Bread	Salisbury Steak Mashed Potatoes Corn Peas Fresh Banana Kosher Wheat Bread	Stuffed Cabbage w/ Beef Peas Carrots Fresh Apple Kosher Wheat Bread

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Daily Kosher Delivery Menu DECEMBER 2019

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MENUS APPROVED BY: Brian Polzner, MS, RD, LD

Call for more menu options – 614-278-3152

W E E K	Monday December 9	Tuesday December 10	Wednesday December 11	Thursday December 12	Friday December 13	Saturday December 14	Sunday December 15
	Chicken Chow Mein Rice Egg Rolls Fresh Orange	Meat Loaf Potato Pudding Peas Carrots Applesauce Cup	Baked Fish Penne Pasta Green Beans Carrots Fresh Orange	Cheese Ravioli Green Beans Peas Pineapple Tidbits	Beef Stew w/ Gravy Red Skin Potatoes Peas and Carrots Fresh Orange	Eggplant Parmigiana Spaghetti Peas Carrots Peach Cup	Vegetable Stuffed Peppers Roasted Potato Green Beans Carrots Fresh Apple Mozzarella Sticks Kosher Wheat
	4						
	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat Bread	Kosher Wheat
W E E K	Monday December 16	Tuesday December 17	Wednesday December 18	Thursday December 19	Friday December 20	Saturday December 21	Sunday December 22
	Chicken In a Pot Boiled Chicken Leg w/ Broth Matzo Balls Peas Fresh Orange	Vegetable Lasagna Sliced Carrots Corn Applesauce Cup	Roasted Turkey Breast Roasted Sweet Potatoes Peas Peach Cup	Chicken Breast w/Gravy Carrot Tzimmes Egg Barley Pineapple Tidbits	Spaghetti & Meatballs Spaghetti Sauce Peas Fresh Orange	Salisbury Steak Mashed Potatoes Corn Peas Fresh Banana	Stuffed Cabbage w/ Beef Peas Carrots Fresh Apple
	1						
	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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