

HOT NOON MENU  
SEPTEMBER 21

Approved By: Penny Rudy, RD, LD, CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 1 Aug-16	16 Meatloaf w/gravy 1 ea meatloaf 2 oz beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	17 Burger Parmesan #8 spaghetti 3 oz marinara sauce 1 ea burger patty #8 carrot coins #8 green beans	18 Fried Rice #8 fried rice #10 diced chicken #8 pineapple betty #8 oriental vegetables	19 Fish Marinara 1 ea breaded pollack 3 oz marinara sauce 1 oz mozzarella cheese #8 diced apples #8 oregon bean medley	20 Chicken Nuggets 5 ea chicken nuggets #8 green beans #8 carrot coins 1 ea fresh banana 1 ea wheat bread	21 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans	22 Breakfast Skillet #6 breakfast sausage skillet 1 ea fried egg patty 1 oz cheddar cheese #10 breakfast potatoes #8 cinnamon applesauce
	Cycle 2 Aug-23	23 Pancakes w/Blueberry Sauce 2 ea whole grain pancakes 2 oz blueberry topping #8 scrambled eggs 2 ea turkey sausage links	24 Grilled Chicken Breast 1 ea grilled chicken breast #10 scalloped potatoes #8 carrot coins 1 ea wheat bread	25 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy 1 oz cheddar cheese 3 pc boneless chicken #8 corn 1 ea fresh banana	26 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli #8 breakfast potatoes 1 ea red delicious apple	27 Pierogis & Onions 3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrots coins 1 ea fresh banana	28 Country Fried Steak 1 ea country fried steak 2 oz country fried steak gravy #10 mashed potatoes #10 peas and carrots #8 oregon bean medley
Cycle 3 Aug-30		30 BBQ Chicken Breast 1 ea grilled chicken breast 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea fresh banana 1 ea wheat bread	31 Spaghetti and Meatballs #8 linguine noodles 4 ea turkey meatballs 3 oz marinara sauce #8 corn #8 carrot coins	01 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	02 Meatloaf w/gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	03 Potato Breaded Fish 1 ea breaded potato fish #8 tri color potato medley #10 green beans 1 ea fresh banana	04 Chicken Mornay 1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms 1 ea orange
	Cycle 4 Sep-06	06 Chicken & Dumplings #8 diced chicken #10 dumplings 3 oz chicken & dumpling gravy #8 broccoli #10 pineapple betty	07 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 mandarin oranges	08 Salisbury Steak w/ Gravy 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	09 Chicken & Broccoli Cheese Casserole #8 diced chicken #6 broccoli casserole #10 diced peaches #8 oriental blend	10 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	11 Chicken Rice Casserole 4 oz rice casserole #8 diced chicken #8 italian blend vegetables #10 scalloped potatoes
Cycle 1 Sep-13		13 Meatloaf w/gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	14 Burger Parmesan #8 whole grain penne 3 oz marinara sauce 1 ea burger patty #8 carrot coins #8 green beans	15 Sweet n' Sour Chicken #8 brown rice #8 diced chicken 2 oz sweet n' sour sauce #8 oriental vegetables #10 roasted brussel sprouts	16 Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	17 Chicken Nuggets 5 ea chicken nuggets #8 green beans #8 carrot coins 1 ea fresh banana 1 ea wheat bread	18 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans

\*For meal cancellations or questions regarding service call LifeCare Alliance Meals-on-Wheels at (614) 278-3152

\*REG indicates that item is on the Regular Hot Noon menu

\*ALT indicates that item is on the Alternate Hot noon menu

\*An item without REG or ALT indicated is included on both menus



Mon-Fri 7:45am-5pm Sat-Sun: 8am-5pm

**COLD NOON MENU**  
**AUGUST 21**

Approved By: Penny Rudy, RD, LD, CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 1 Aug-16	16 Chicken Taco Salad 1/2 cup lettuce #16 corn and bean mix #16 seasoned chicken crumbles #10 springtime pasta salad 1 ea french dressing 1 ea tortilla strips 1 ea banana	17 Turkey Chef Salad 1/2 c lettuce #10 diced turkey 0.5 oz cheddar cheese 1 ea italian dressing 2 pkt club crackers #8 pineapple tidbits	18 Chicken Pasta Salad #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	19 Turkey Sandwich 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	20 Seafood Salad #10 imitation crab meat s #8 macaroni salad 3 ea orange wedges 1 ea slider bun 1 ea fresh banana	21 Ham & Swiss Sandwich 2 sl wheat bread 2 sl ham 1 sl swiss cheese #8 diced pears #8 four bean salad	22 Bagel & Cream Cheese 1 ea bagel 1 ea cream cheese #8 fiesta slaw #8 kidney bean salad 1 ea fresh orange
	19 Egg Salad Sandwich 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	24 Chicken Chef Salad 1/2 c lettuce #10 diced chicken 0.5 oz cheddar cheese 1 ea ranch dressing 2 pkt club crackers #8 diced peaches	25 Roast Beef Sandwich 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 broccoli slaw	26 Chicken Salad Fruit Plate #10 chicken salad 1 ea grape bunch 1/2 c baby carrots 2 ea club crackers #8 pineapple tidbits	27 Tuna Salad #16 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea red delicious apple	28 Cottage Cheese Fruit Plate #8 cottage cheese #8 vegetable bowtie past 1 ea peach half 1 ea pear half 2 pkt club crackers	29 Turkey & Provolone Sandwich 2 sl wheat bread 2 sl turkey 1 sl provolone cheese #8 cinnamon applesauce #8 three bean salad 1 ea fresh banana
Cycle 1 Aug-30	30 Chicken Taco Salad 1/2 cup lettuce #16 corn and bean mix #16 seasoned chicken crumbles #10 springtime pasta salad 1 ea french dressing 1 ea tortilla strips 1 ea banana	31 Turkey Chef Salad 1/2 c lettuce #10 diced turkey 0.5 oz cheddar cheese 1 ea italian dressing 2 pkt club crackers #8 pineapple tidbits	01 Chicken Pasta Salad #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	02 Turkey Sandwich 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	03 Seafood Salad #10 imitation crab meat s #8 macaroni salad 3 ea orange wedges 1 ea slider bun 1 ea fresh banana	04 Ham & Swiss Sandwich 2 sl wheat bread 2 sl ham 1 sl swiss cheese #8 diced pears #8 four bean salad	05 Bagel & Cream Cheese 1 ea bagel 1 ea cream cheese #8 fiesta slaw #8 kidney bean salad 1 ea fresh orange
	06 Egg Salad Sandwich 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	07 Chicken Chef Salad 1/2 c lettuce #10 diced chicken 0.5 oz cheddar cheese 1 ea ranch dressing 2 pkt club crackers #8 diced peaches	08 Roast Beef Sandwich 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 broccoli slaw	09 Chicken Salad Fruit Plate #10 chicken salad 1 ea grape bunch 1/2 c baby carrots 2 ea club crackers #8 pineapple tidbits	10 Tuna Salad #16 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea red delicious apple	11 Cottage Cheese Fruit Plate #8 cottage cheese #8 vegetable bowtie past 1 ea peach half 1 ea pear half 2 pkt club crackers	12 Turkey & Provolone Sandwich 2 sl wheat bread 2 sl turkey 1 sl provolone cheese #8 cinnamon applesauce #8 three bean salad 1 ea fresh banana
Cycle 1 Aug-16	16 Chicken Taco Salad 1/2 cup lettuce #16 corn and bean mix #16 seasoned chicken crumbles #10 springtime pasta salad 1 ea french dressing 1 ea tortilla strips 1 ea banana	17 Turkey Chef Salad 1/2 c lettuce #10 diced turkey 0.5 oz cheddar cheese 1 ea italian dressing 2 pkt club crackers #8 pineapple tidbits	18 Chicken Pasta Salad #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	19 Turkey Sandwich 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	20 Seafood Salad #10 imitation crab meat s #8 macaroni salad 3 ea orange wedges 1 ea slider bun 1 ea fresh banana	21 Ham & Swiss Sandwich 2 sl wheat bread 2 sl ham 1 sl swiss cheese #8 diced pears #8 four bean salad	22 Bagel & Cream Cheese 1 ea bagel 1 ea cream cheese #8 fiesta slaw #8 kidney bean salad 1 ea fresh orange

\*Meals subject to change \*Evening and weekend service is limited \*All meals include 8oz milk  
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1699 W. Mound St. Columbus, OH 43223  
Mon-Fri 7:45am-5pm Sat-Sun: 8am-5pm



**MECHANICAL MENU  
SEPTEMBER 21**

Approved By: Penny Rudy, RD, LD, CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle 1 Aug-16</b>	<b>16</b> Meatloaf w/gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	<b>17</b> Burger Parmesan #8 whole grain penne 3 oz marinara sauce 1 ea burger patty #8 carrot coins #8 green beans	<b>18</b> Fried Rice #8 fried rice #10 diced chicken #8 pineapple betty #8 oriental vegetables	<b>19</b> Fish Marinara 1 ea breaded pollack 3 oz marinara sauce 1 oz mozzarella cheese #8 diced apples #8 oregon bean medley	<b>20</b> Cheese Lasagna 1 ea cheese lasagna 2 oz marinara sauce #8 peas #8 corn	<b>21</b> Chili 8 oz chili 1 ea cornbread #8 carrot coins #8 green beans	<b>22</b> cheese stuffed shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 mandarin oranges
<b>Cycle 2 Aug-23</b>	<b>23</b> Pancakes w/Blueberry Sauce 2 ea whole grain pancakes 2 oz blueberry topping #8 scrambled eggs 2 ea turkey sausage links	<b>24</b> Grilled Chicken Breast 1 ea grilled chicken breast #10 scalloped potatoes #8 carrot coins 1 ea wheat bread	<b>25</b> Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy 1 oz cheddar cheese 3 pc boneless chicken #8 corn 1 ea fresh banana	<b>26</b> Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli #8 breakfast potatoes 1 ea red delicious apple	<b>27</b> Pierogis & Onions 3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrots coins 1 ea fresh banana	<b>28</b> Country Fried Steak 1 ea country fried steak 2 oz country fried steak gravy #10 mashed potatoes #8 peas and carrots #8 oregon bean medley	<b>29</b> Chicken Masala #10 brown rice #10 diced chicken 4 oz tikka masala sauce #10 green beans #8 pineapple tidbits
<b>Cycle 3 Aug-30</b>	<b>30</b> BBQ Chicken Breast 1 ea grilled chicken breast 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea fresh banana 1 ea wheat bread	<b>31</b> Spaghetti and Meatballs #8 linguine noodles 4 ea turkey meatballs 3 oz marinara sauce #8 corn #8 carrot coins	<b>01</b> P & Vegetarian Sausage Bre 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	<b>02</b> Meatloaf w/gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	<b>03</b> Potato Breaded Fish 1 ea breaded potato fish #8 tri color potato medley #8 green beans 1 ea fresh banana	<b>04</b> Chicken Mornay 1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms 1 ea orange	<b>05</b> Hamburger 1 ea hamburger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun
<b>Cycle 4 Sep-06</b>	<b>06</b> Chicken & Dumplings #8 diced chicken #10 dumplings 3 oz chicken & dumpling gravy #8 broccoli #10 pineapple betty	<b>07</b> Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 mandarin oranges	<b>08</b> Salisbury Steak w/ Gravy 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	<b>09</b> Chicken & Broccoli Cheese Casserole #8 diced chicken #6 broccoli casserole #10 diced peaches #8 oriental blend	<b>10</b> Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	<b>11</b> Chicken Rice Casserole 4 oz rice casserole #8 diced chicken #8 italian blend vegetables #10 scalloped potatoes	<b>12</b> Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli #8 breakfast potatoes 1 ea red delicious apple
<b>Cycle 1 Sep-13</b>	<b>13</b> Meatloaf w/gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	<b>14</b> Burger Parmesan #8 whole grain penne 3 oz marinara sauce 1 ea burger patty #8 carrot coins #8 green beans	<b>15</b> Sweet n' Sour Chicken #8 brown rice #8 diced chicken 2 oz sweet n' sour sauce #8 oriental vegetables #10 roasted brussel sprouts	<b>16</b> Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	<b>17</b> Chicken Nuggets 5 ea chicken nuggets #8 green beans #8 carrot coins 1 ea fresh banana 1 ea wheat bread	<b>18</b> Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans	<b>19</b> Breakfast Skillet #6 breakfast sausage skillet 1 ea fried egg patty 1 oz cheddar cheese #10 cheddar grits #8 cinnamon applesauce

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**VEGETARIAN MENU  
SEPTEMBER 21**

Approved By: Penny Rudy, RD, LD, CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday	
Cycle 1 Aug-16	16	<b>Pierogies and Onions</b>	17	<b>Cheese Lasagna</b>	18	<b>Vegetarian Sausage &amp; Egg Sandwich</b>	19	<b>Mac &amp; Cheese</b>	20	<b>Cheese Pizza</b>
	3 ea	cheddar pierogis caramelized onions	1 ea	cheese lasagna marinara sauce	1 ea	fried egg patty vegetarian sausage patty	#6	mac & cheese	1 ea	cheese pizza
	#8	peas	#8	peas	#8	breakfast potatoes	#8	green beans	#8	corn
	#8	carrots coins	#8	corn	#8	diced pears	#8	diced apples	#8	diced carrots
	1 ea	orange			1 ea	fresh banana			1 ea	fresh banana
					1 ea	english muffin				
Cycle 2 Aug-23	23	<b>Waffle &amp; Vegetarian Sausage Breakfast</b>	24	<b>Cheese Stuffed Shells</b>	25	<b>Vegetarian Chili</b>	26	<b>Farmers Market Omelet</b>	27	<b>Veggie Burger Parm</b>
	1 ea	whole grain waffle	2 ea	cheese stuffed shells	#6	three bean chili	1 ea	cheese omelet	1 ea	black bean burger
	1 ea	vegetarian sausage patty	3 oz	tomato basil sauce	#8	california blend vegetables	#10	peppers & onion	#8	carrot coin
	#8	potato wedge	#8	peas & mushrooms	1 ea	fresh banana	#8	broccoli	#8	green beans
	#8	diced pears	#8	pineapple tidbits	1 oz	cheddar cheese	#8	breakfast potatoes	#8	whole grain penne
	1 ea	syrup	1 ea	fresh banana	1 ea	cornbread mini loaf	1 ea	red delicious apple	3 oz	marinara sauce
Cycle 1 Aug-30	30	<b>Pierogies and Onions</b>	31	<b>Cheese Lasagna</b>	01	<b>Vegetarian Sausage &amp; Egg Sandwich</b>	02	<b>Mac &amp; Cheese</b>	03	<b>Cheese Pizza</b>
	3 ea	cheddar pierogis caramelized onions	1 ea	cheese lasagna marinara sauce	1 ea	fried egg patty vegetarian sausage patty	#6	mac & cheese	1 ea	cheese pizza
	#16	peas	3 oz	peas	1 ea	breakfast potatoes	#8	green beans	#8	corn
	#8	carrots coins	#8	corn	#8	diced pears	#8	diced apples	#8	diced carrots
	1 ea	orange			1 ea	fresh banana			1 ea	fresh banana
					1 ea	english muffin				
Cycle 2 Sep-06	06	<b>Waffle &amp; Vegetarian Sausage Breakfast</b>	07	<b>Cheese Stuffed Shells</b>	08	<b>Vegetarian Chili</b>	09	<b>Farmers Market Omelet</b>	10	<b>Veggie Burger Parm</b>
	1 ea	whole grain waffle	2 ea	cheese stuffed shells	#6	three bean chili	1 ea	cheese omelet	1 ea	black bean burger
	1 ea	vegetarian sausage patty	3 oz	tomato basil sauce	#8	california blend vegetables	#10	peppers & onion	#8	carrot coin
	#8	potato wedge	#8	peas & mushrooms	1 ea	fresh banana	#8	broccoli	#8	green beans
	#8	diced pears	#8	mandarin oranges	1 oz	cheddar cheese	#8	breakfast potatoes	#8	whole grain penne
	1 ea	syrup	1 ea	fresh banana	1 ea	cornbread mini loaf	1 ea	red delicious apple	3 oz	marinara sauce
Cycle 1 Sep-13	13	<b>Pierogies and Onions</b>	14	<b>Cheese Lasagna</b>	15	<b>Vegetarian Sausage &amp; Egg Sandwich</b>	16	<b>Mac &amp; Cheese</b>	17	<b>Cheese Pizza</b>
	3 ea	cheddar pierogis caramelized onions	1 ea	cheese lasagna marinara sauce	1 ea	fried egg patty vegetarian sausage patty	#6	mac & cheese	1 ea	cheese pizza
	#16	peas	3 oz	peas	1 ea	breakfast potatoes	#8	green beans	#8	corn
	#8	carrots coins	#8	corn	#8	diced pears	#8	diced apples	#8	diced carrots
	1 ea	orange			1 ea	fresh banana			1 ea	fresh banana
					1 ea	english muffin				

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**PUREE MENU  
SEPTEMBER 21**

Approved By: Penny Rudy, RD, LD, CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Aug-16	16	Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	17	Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	18	Pureed Ham 3 oz pureed ham #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed pears	19	Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed peaches	20	Pureed Turkey w/ Gravy 3 oz pureed turkey 2 oz poultry gravy 1/2 c pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	21	Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	22	Pureed Chicken w/ Gravy 3 oz pureed chicken 2 oz poultry gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed peas 1/2 c pureed pears
	Cycle 1 Aug-23	23	Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	24	Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	25	Pureed Ham 3 oz pureed ham #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed pears	26	Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed peaches	27	Pureed Turkey w/ Gravy 3 oz pureed turkey 2 oz poultry gravy 1/2 c pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	28	Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	29
Cycle 1 Aug-30		30	Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	31	Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	01	Pureed Ham 3 oz pureed ham #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed pears	02	Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed peaches	03	Pureed Turkey w/ Gravy 3 oz pureed turkey 2 oz poultry gravy 1/2 c pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	04	Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	05
	Cycle 1 Sep-06	06	Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	07	Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	08	Pureed Ham 3 oz pureed ham #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed pears	09	Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed peaches	10	Pureed Turkey w/ Gravy 3 oz pureed turkey 2 oz poultry gravy 1/2 c pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	11	Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	12
Cycle 1 Sep-13		13	Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	14	Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	15	Pureed Ham 3 oz pureed ham #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed pears	16	Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 mashed potatoes 1/2 c pureed green beans 1/2 c pureed peaches	17	Pureed Turkey w/ Gravy 3 oz pureed turkey 2 oz poultry gravy 1/2 c pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	18	Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	19

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**KOSHER MENU  
AUGUST 21**

Approved By: Penny Rudy, RD, LD, CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 1 Aug-16	16 Chicken Chow Mein chicken chow mein rice egg rolls 1 fresh orange kosher wheat bread	17 Meatloaf meatloaf potato pudding peas carrots 1 natural applesauce cup kosher wheat bread	18 Baked Fish baked fish penne pasta green beans carrots 1 fresh orange kosher wheat bread	19 Cheese Ravioli cheese ravioli green beans peas 1 pineapple tidbits cup kosher wheat bread	20 Beef Stew beef stew gravy red skin potatoes peas and carrots 1 fresh orange kosher wheat bread	21 Eggplant Parmigiana eggplant parmigiana spaghetti peas carrots 1 peach cup kosher wheat bread	22 Vegetable Stuffed Peppers roasted potatoes green beans carrots 1 red delicious apple 1 mozzarella stick kosher wheat bread
Cycle 2 Aug-23	23 Chicken in a Pot boiled chicken leg with broth  matzoh balls peas 1 fresh orange kosher wheat bread	24 Vegetable Lasagna vegetable lasagna  sliced carrots corn 1 natural applesauce cup kosher wheat bread	25 Rosted Turkey Breast roasted turkey breast  roasted sweet potatoes peas 1 peach cup kosher wheat bread	26 Chicken Breast with Gravy chicken breast  carrot tzimmes egg barley 1 pineapple tidbits cup kosher wheat bread	27 Spaghetti & Meatballs spaghetti  meatballs spaghetti sauce peas 1 fresh orange kosher wheat bread	28 Salisbury Steak salisbury steak  mashed potatoes corn peas 1 fresh banana kosher wheat bread	29 Stuffed Cabbage with Beef stuffed cabbage with beef  peas carrots 1 red delicious apple kosher wheat bread
Cycle 1 Aug-30	30 Chicken Chow Mein chicken chow mein rice egg rolls 1 fresh orange kosher wheat bread	31 Meatloaf meatloaf potato pudding peas carrots 1 natural applesauce cup kosher wheat bread	01 Baked Fish baked fish penne pasta green beans carrots 1 fresh orange kosher wheat bread	02 Cheese Ravioli cheese ravioli green beans peas 1 pineapple tidbits cup kosher wheat bread	03 Beef Stew beef stew gravy red skin potatoes peas and carrots 1 fresh orange kosher wheat bread	04 Eggplant Parmigiana eggplant parmigiana spaghetti peas carrots 1 peach cup kosher wheat bread	05 Vegetable Stuffed Peppers roasted potatoes green beans carrots 1 red delicious apple 1 mozzarella stick kosher wheat bread
Cycle 2 Sep-06	06 Chicken in a Pot boiled chicken leg with broth  matzoh balls peas 1 fresh orange kosher wheat bread	07 Vegetable Lasagna vegetable lasagna  sliced carrots corn 1 natural applesauce cup kosher wheat bread	08 Rosted Turkey Breast roasted turkey breast  roasted sweet potatoes peas 1 peach cup kosher wheat bread	09 Chicken Breast with Gravy chicken breast  carrot tzimmes egg barley 1 pineapple tidbits cup kosher wheat bread	10 Spaghetti & Meatballs spaghetti  meatballs spaghetti sauce peas 1 fresh orange kosher wheat bread	11 Salisbury Steak salisbury steak  mashed potatoes corn peas 1 fresh banana kosher wheat bread	12 Stuffed Cabbage with Beef stuffed cabbage with beef  peas carrots 1 red delicious apple kosher wheat bread
Cycle 1 Aug-16	16 Chicken Chow Mein chicken chow mein rice egg rolls 1 fresh orange kosher wheat bread	17 Meatloaf meatloaf potato pudding peas carrots 1 natural applesauce cup kosher wheat bread	18 Baked Fish baked fish penne pasta green beans carrots 1 fresh orange kosher wheat bread	19 Cheese Ravioli cheese ravioli green beans peas 1 pineapple tidbits cup kosher wheat bread	20 Beef Stew beef stew gravy red skin potatoes peas and carrots 1 fresh orange kosher wheat bread	21 Eggplant Parmigiana eggplant parmigiana spaghetti peas carrots 1 peach cup kosher wheat bread	22 Vegetable Stuffed Peppers roasted potatoes green beans carrots 1 red delicious apple 1 mozzarella stick kosher wheat bread

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PROJEN MENU  
AUGUST 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Chick Ravioli	<b>1</b> Chicken & Tomatoes <b>2</b> Fried Chicken <b>3</b> Sandwich <b>4</b> Chicken & Eggplant orzo <b>5</b> Stoccafisso <b>6</b> Minestrone <b>7</b> Minestrone with <b>8</b> Minestrone with <b>9</b> Minestrone with <b>10</b> Minestrone with	<b>1</b> Chicken Stuffed Shells <b>2</b> Cheese Stuffed Shells <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo
Chick Ravioli	<b>1</b> Meatloaf <b>2</b> Beef orzo <b>3</b> Meatloaf <b>4</b> Meatloaf <b>5</b> Meatloaf <b>6</b> Meatloaf <b>7</b> Meatloaf <b>8</b> Meatloaf <b>9</b> Meatloaf <b>10</b> Meatloaf	<b>1</b> Burger Parmesan <b>2</b> Burger Parmesan <b>3</b> Burger Parmesan <b>4</b> Burger Parmesan <b>5</b> Burger Parmesan <b>6</b> Burger Parmesan <b>7</b> Burger Parmesan <b>8</b> Burger Parmesan <b>9</b> Burger Parmesan <b>10</b> Burger Parmesan	<b>1</b> Fried Rice <b>2</b> Fried Rice <b>3</b> Fried Rice <b>4</b> Fried Rice <b>5</b> Fried Rice <b>6</b> Fried Rice <b>7</b> Fried Rice <b>8</b> Fried Rice <b>9</b> Fried Rice <b>10</b> Fried Rice	<b>1</b> Fish Marzano <b>2</b> Fish Marzano <b>3</b> Fish Marzano <b>4</b> Fish Marzano <b>5</b> Fish Marzano <b>6</b> Fish Marzano <b>7</b> Fish Marzano <b>8</b> Fish Marzano <b>9</b> Fish Marzano <b>10</b> Fish Marzano	<b>1</b> Chicken Noodles <b>2</b> Chicken Noodles <b>3</b> Chicken Noodles <b>4</b> Chicken Noodles <b>5</b> Chicken Noodles <b>6</b> Chicken Noodles <b>7</b> Chicken Noodles <b>8</b> Chicken Noodles <b>9</b> Chicken Noodles <b>10</b> Chicken Noodles	<b>1</b> Three Bean Chili <b>2</b> Three Bean Chili <b>3</b> Three Bean Chili <b>4</b> Three Bean Chili <b>5</b> Three Bean Chili <b>6</b> Three Bean Chili <b>7</b> Three Bean Chili <b>8</b> Three Bean Chili <b>9</b> Three Bean Chili <b>10</b> Three Bean Chili	<b>1</b> Breakfast Skillet <b>2</b> Breakfast Skillet <b>3</b> Breakfast Skillet <b>4</b> Breakfast Skillet <b>5</b> Breakfast Skillet <b>6</b> Breakfast Skillet <b>7</b> Breakfast Skillet <b>8</b> Breakfast Skillet <b>9</b> Breakfast Skillet <b>10</b> Breakfast Skillet	
Chick Ravioli	<b>1</b> Penne with Bolognese Sauce <b>2</b> Penne with Bolognese Sauce <b>3</b> Penne with Bolognese Sauce <b>4</b> Penne with Bolognese Sauce <b>5</b> Penne with Bolognese Sauce <b>6</b> Penne with Bolognese Sauce <b>7</b> Penne with Bolognese Sauce <b>8</b> Penne with Bolognese Sauce <b>9</b> Penne with Bolognese Sauce <b>10</b> Penne with Bolognese Sauce	<b>1</b> Chili <b>2</b> Chili <b>3</b> Chili <b>4</b> Chili <b>5</b> Chili <b>6</b> Chili <b>7</b> Chili <b>8</b> Chili <b>9</b> Chili <b>10</b> Chili	<b>1</b> Protein Chicken Salad <b>2</b> Protein Chicken Salad <b>3</b> Protein Chicken Salad <b>4</b> Protein Chicken Salad <b>5</b> Protein Chicken Salad <b>6</b> Protein Chicken Salad <b>7</b> Protein Chicken Salad <b>8</b> Protein Chicken Salad <b>9</b> Protein Chicken Salad <b>10</b> Protein Chicken Salad	<b>1</b> Farmer Market Omelet <b>2</b> Farmer Market Omelet <b>3</b> Farmer Market Omelet <b>4</b> Farmer Market Omelet <b>5</b> Farmer Market Omelet <b>6</b> Farmer Market Omelet <b>7</b> Farmer Market Omelet <b>8</b> Farmer Market Omelet <b>9</b> Farmer Market Omelet <b>10</b> Farmer Market Omelet	<b>1</b> Penne & Onions <b>2</b> Penne & Onions <b>3</b> Penne & Onions <b>4</b> Penne & Onions <b>5</b> Penne & Onions <b>6</b> Penne & Onions <b>7</b> Penne & Onions <b>8</b> Penne & Onions <b>9</b> Penne & Onions <b>10</b> Penne & Onions	<b>1</b> Country Fried Steak <b>2</b> Country Fried Steak <b>3</b> Country Fried Steak <b>4</b> Country Fried Steak <b>5</b> Country Fried Steak <b>6</b> Country Fried Steak <b>7</b> Country Fried Steak <b>8</b> Country Fried Steak <b>9</b> Country Fried Steak <b>10</b> Country Fried Steak	<b>1</b> Chicken Mashed <b>2</b> Chicken Mashed <b>3</b> Chicken Mashed <b>4</b> Chicken Mashed <b>5</b> Chicken Mashed <b>6</b> Chicken Mashed <b>7</b> Chicken Mashed <b>8</b> Chicken Mashed <b>9</b> Chicken Mashed <b>10</b> Chicken Mashed	
Chick Ravioli	<b>1</b> BBQ Chicken <b>2</b> BBQ Chicken <b>3</b> BBQ Chicken <b>4</b> BBQ Chicken <b>5</b> BBQ Chicken <b>6</b> BBQ Chicken <b>7</b> BBQ Chicken <b>8</b> BBQ Chicken <b>9</b> BBQ Chicken <b>10</b> BBQ Chicken	<b>1</b> Sandwich and Meatloaf <b>2</b> Sandwich and Meatloaf <b>3</b> Sandwich and Meatloaf <b>4</b> Sandwich and Meatloaf <b>5</b> Sandwich and Meatloaf <b>6</b> Sandwich and Meatloaf <b>7</b> Sandwich and Meatloaf <b>8</b> Sandwich and Meatloaf <b>9</b> Sandwich and Meatloaf <b>10</b> Sandwich and Meatloaf	<b>1</b> Penne & Onions <b>2</b> Penne & Onions <b>3</b> Penne & Onions <b>4</b> Penne & Onions <b>5</b> Penne & Onions <b>6</b> Penne & Onions <b>7</b> Penne & Onions <b>8</b> Penne & Onions <b>9</b> Penne & Onions <b>10</b> Penne & Onions	<b>1</b> Meatloaf w/ Orzo <b>2</b> Meatloaf w/ Orzo <b>3</b> Meatloaf w/ Orzo <b>4</b> Meatloaf w/ Orzo <b>5</b> Meatloaf w/ Orzo <b>6</b> Meatloaf w/ Orzo <b>7</b> Meatloaf w/ Orzo <b>8</b> Meatloaf w/ Orzo <b>9</b> Meatloaf w/ Orzo <b>10</b> Meatloaf w/ Orzo	<b>1</b> Mac & Cheese <b>2</b> Mac & Cheese <b>3</b> Mac & Cheese <b>4</b> Mac & Cheese <b>5</b> Mac & Cheese <b>6</b> Mac & Cheese <b>7</b> Mac & Cheese <b>8</b> Mac & Cheese <b>9</b> Mac & Cheese <b>10</b> Mac & Cheese	<b>1</b> Chicken Marzano <b>2</b> Chicken Marzano <b>3</b> Chicken Marzano <b>4</b> Chicken Marzano <b>5</b> Chicken Marzano <b>6</b> Chicken Marzano <b>7</b> Chicken Marzano <b>8</b> Chicken Marzano <b>9</b> Chicken Marzano <b>10</b> Chicken Marzano	<b>1</b> Salisbury Steak <b>2</b> Salisbury Steak <b>3</b> Salisbury Steak <b>4</b> Salisbury Steak <b>5</b> Salisbury Steak <b>6</b> Salisbury Steak <b>7</b> Salisbury Steak <b>8</b> Salisbury Steak <b>9</b> Salisbury Steak <b>10</b> Salisbury Steak	
Chick Ravioli	<b>1</b> Chicken & Tomatoes <b>2</b> Fried Chicken <b>3</b> Sandwich <b>4</b> Chicken & Eggplant orzo <b>5</b> Stoccafisso <b>6</b> Minestrone <b>7</b> Minestrone with <b>8</b> Minestrone with <b>9</b> Minestrone with <b>10</b> Minestrone with	<b>1</b> Chicken Stuffed Shells <b>2</b> Cheese Stuffed Shells <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo	<b>1</b> Chicken & Beef orzo <b>2</b> Chicken & Beef orzo <b>3</b> Chicken & Beef orzo <b>4</b> Chicken & Beef orzo <b>5</b> Chicken & Beef orzo <b>6</b> Chicken & Beef orzo <b>7</b> Chicken & Beef orzo <b>8</b> Chicken & Beef orzo <b>9</b> Chicken & Beef orzo <b>10</b> Chicken & Beef orzo