

HOT NOON MENU
JULY 2023

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Jun-19	19	Chicken Nuggets	20	Burger Parmesan	21	Potato Breaded Fish	22	Meatloaf W/Gravy	23	Kielbasa w/Sauerkraut	24	Three Bean Chili	25	Breakfast Skillet
	5 ea	chicken nuggets	#8	whole grain penne	1 ea	breaded potato fish	1 ea	meatloaf	1 ea	kielbasa	8 oz	three bean chili	#8	breakfast potatoes
	#8	italian blend	3 oz	marinara sauce	#8	maple roasted sweet potatoes	2 oz	herb beef gravy	#20	sauerkraut	1 ea	cornbread	#16	peppers and onions
	#8	roasted brussel sprouts	1 ea	burger patty	#8	succotash	#10	mashed potatoes	#8	rosemary garlic potatoes	#8	carrot coins	1 ea	fried egg patty
	1 ea	fresh banana	#8	green beans	(whole kernel corn, lima beans)		#8	diced carrots	#8	cinnamon diced apples	#8	green beans	1 oz	cheddar cheese
	1 ea	wheat bread	#8	corn	1 ea	banana	#8	diced peaches	Alternative Meal		1 ea	fresh banana	#8	capri blend
			1 oz	mozzarella cheese					Macaroni & Cheese				1 ea	vegetarian sausage patty
				Alternative Meal					#6	macaroni and cheese				
			1 ea	Fish Marinara					#8	green beans				
			3 oz	breaded fish square					#8	cinnamon diced apples				
			1 oz	marinara sauce										
			#8	mozzarella cheese										
			#8	oregon bean medley										
			#8	cinnamon apples										
Cycle 2 Jun-26	26	Pancakes with Blueberry Sauce	27	Grilled Chicken Breast	28	Chicken and Dumplings	29	Farmers Market Omelet	30	Sausage Gravy & Biscuit	01	Chicken Rice Casserole	02	Chicken Mornay
	2 ea	whole grain pancakes	1 ea	grilled chicken breast	#8	diced chicken	1 ea	cheese omelet	#8	sausage gravy	#8	rice casserole	1 ea	chicken breast
	2 oz	blueberry topping	#10	scalloped potatoes	#10	dumplings	#10	peppers & onion	1 ea	biscuit	#8	diced chicken	2 oz	mornay sauce
	#8	scrambled eggs	#8	mixed vegetables	3 oz	chicken and dumpling gravy	#8	italian green beans	#8	rosemary garlic potatoes	#8	italian blend vegetables	#8	brown rice
	2 ea	turkey sausage links	1 ea	wheat bread	#8	broccoli	#8	breakfast potatoes	#8	green beans	#10	scalloped potatoes	#8	peas with mushrooms
			1 ea	orange	#10	pineapple betty	1 ea	red delicious apple						
				Alternative Meal						Alternative Meal				
				Chicken Fritter Sandwich						3 ea	cheese pierogis			
			1 ea	chicken fritter patty					#16	caramelized onions				
			#8	baked beans					#8	peas				
			#8	cinnamon pears					#8	carrot coins				
			1 ea	hamburger bun					1 ea	banana				
Cycle 3 Jul-03	03	BBQ Chicken Breast	04	Spaghetti & Meatballs	05	Waffle and Vegetarian Sausage	06	Hamburger & Macaroni & Cheese	07	Pork Riblet & Mashed Potatoes	08	Country Fried Steak	09	Santa Fe Chicken
	1 ea	grilled chicken breast	#8	linguine noodles	1 ea	whole grain waffle	1 ea	beef hamburger patty	1 ea	riblet	1 ea	country fried steak	1 ea	chicken breast
	2 oz	bbq sauce	4 ea	turkey meatballs	1 ea	vegetarian sausage patty	#10	macaroni and cheese	2 oz	bbq sauce	2 oz	country fried steak gravy	1 oz	salsa
	#8	rosemary & garlic potatoes	3 oz	marinara sauce	1 ea	hash brown potato wedge	#8	broccoli	#10	mashed potatoes	#10	mashed potatoes	1 oz	monterey jack cheese
	#8	green beans	#8	carrot coins	#8	diced pears	1 ea	red delicious apple	#8	peas	#8	peas and carrots	#8	salsa rice
	1 ea	fresh banana	#8	corn	1 ea	syrup	1 ea	hamburger bun	#8	carrot coins	#8	oregon bean medley	#8	fire roasted corn
	1 ea	wheat bread		Alternative Meal					1 ea	banana				
				Chicken Parmesan						Alternative Meal				
			1 ea	chicken fritter patty						Cheese Manicotti				
			3 oz	marinara sauce						2 ea	cheese manicotti			
			#8	linguine noodles						3 oz	marinara sauce			
			#8	green beans						.50 oz	mozzarella cheese			
			#8	carrot coins						#8	green beans			
										#8	diced peaches			
Cycle 4 Jul-10	10	Popcorn Chicken Bowl	11	Italian Sausage	12	Salisbury Steak	13	Broccoli Cheese Casserole	14	Country Fried Pork	15	Cheese Tortellini	16	Farmer's Market Omelet
	#8	mashed potatoes	1 ea	italian sausage	1 ea	salisbury steak	#8	diced chicken	1 ea	country fried pork patty	#6	cheese tortellini	1 ea	Cheese Omelet
	3 oz	peppered gravy	1 ea	hot dog bun	2 oz	herb beef gravy	#6	broccoli casserole	#8	fiesta black beans	3 oz	marinara sauce	#10	peppers and onions
	1 oz	cheddar cheese	#10	peppers and onions	#10	mashed potatoes	#8	diced peaches	#8	carrot coins	0.5 oz	mozzarella cheese	#8	broccoli
	3 pc	boneless chicken	#8	corn	#8	corn	#8	california blend	1 ea	dinner roll	#8	mixed vegetables	#8	breakfast potatoes
	#8	corn	#8	baked beans	#8	cinnamon applesauce		(broccoli, carrots, and cauliflower		Alternative Meal	#8	diced carrots	1 ea	apple
	1 ea	fresh banana		Alternative Meal						Cheese Lasagna	1 ea	banana		
				Cheese Stuffed Shells										
			2 ea	stuffed shells					1 ea	cheese lasagna roll				
			3 oz	tomato basil sauce					3 oz	marinara sauce				
			#8	peas & mushrooms					#8	peas				
			#8	cinnamon pears					#8	corn				

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*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
JULY 2023

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Jun-19	19	Chicken Taco Salad	20	Chicken Pasta Salad	21	Turkey Chef Salad	22	Turkey Sandwich	23	Seafood Salad	24	Ham & Swiss Sandwich	25	Bagel & Cream Cheese
	1/2 cup	lettuce	#6	chicken pasta salad	1/2 c	lettuce mixture	2 sl	wheat bread	#8	imitation crab meat salad	2 sl	wheat bread	1 ea	bagel
	#16	corn and bean mix	#8	mixed bean salad	#8	diced turkey	2 sl	turkey	#8	macaroni salad	2 sl	ham	1 ea	cream cheese
	#16	chicken fajita strips	#8	carrot raisin salad	0.5 oz	cheddar cheese	1 sl	american cheese	3 ea	orange wedges	1 sl	swiss cheese	#8	fiesta slaw
	#10	springtime pasta salad			1 ea	italian dressing	#10	ambrosia	1 ea	slider bun	#8	diced pears	#8	kidney bean salad
	1 ea	french dressing			2 pkt	salad crackers	#8	fiesta slaw	1 ea	fresh banana	#8	four bean salad	1 ea	fresh orange
	1 ea	tortilla strips												
	1 ea	banana												
Cycle 2 Jun-26	26	Egg Salad Sandwich	27	Chicken Chef Salad	28	Roast Beef Sandwich	29	Chicken Salad Fruit Plate	30	Tuna Salad	01	Cottage Cheese Fruit Plate	02	Turkey & Provolone Sandwich
	1 ea	slider bun	1/2 c	lettuce	2 sl	wheat bread	#8	chicken salad	#8	tuna salad	#8	cottage cheese	2 sl	wheat bread
	#16	egg salad	#10	diced chicken	2 sl	roast beef	#8	fresh grapes	#10	greek pasta salad	#8	vegetable bowtie pasta	2 sl	turkey
	#8	springtime pasta salad	0.5 oz	cheddar cheese	1 sl	american cheese	1/2 c	baby carrots	3 ea	orange wedges	#8	diced peaches	1 sl	provolone cheese
	#8	kidney bean salad	1 ea	ranch dressing	#8	cinnamon applesauce	2 ea	club crackers	1 ea	slider bun	1 ea	pear half	#8	cinnamon applesauce
	1 ea	fresh banana	2 pkt	salad crackers	#10	cole slaw	#8	pineapple tidbits	1 ea	red delicious apple	2 pkt	club crackers	#8	three bean salad
			#8	diced peaches									1 ea	fresh banana
Cycle 1 Jul-03	03	Chicken Taco Salad	04	Chicken Pasta Salad	05	Turkey Chef Salad	06	Turkey Sandwich	07	Seafood Salad	08	Ham & Swiss Sandwich	09	Bagel & Cream Cheese
	1/2 cup	lettuce	#6	chicken pasta salad	1/2 c	lettuce mixture	2 sl	wheat bread	#10	imitation crab meat salad	2 sl	wheat bread	1 ea	bagel
	#16	corn and bean mix	#8	mixed bean salad	#10	diced turkey	2 sl	turkey	#8	macaroni salad	2 sl	ham	1 ea	cream cheese
	#16	chicken fajita strips	#8	carrot raisin salad	0.5 oz	cheddar cheese	1 sl	american cheese	3 ea	orange wedges	1 sl	swiss cheese	#8	fiesta slaw
	#10	springtime pasta salad			1 ea	italian dressing	#10	ambrosia	1 ea	slider bun	#8	diced pears	#8	kidney bean salad
	1 ea	french dressing			2 pkt	salad crackers	#8	fiesta slaw	1 ea	fresh banana	#8	four bean salad	1 ea	fresh orange
	1 ea	tortilla strips												
	1 ea	banana												
Cycle 2 Jul-10	10	Egg Salad Sandwich	11	Chicken Chef Salad	12	Roast Beef Sandwich	13	Chicken Salad Fruit Plate	14	Tuna Salad	15	Cottage Cheese Fruit Plate	16	Turkey & Provolone Sandwich
	1 ea	slider bun	1/2 c	lettuce	2 sl	wheat bread	#8	chicken salad	#8	tuna salad	#8	cottage cheese	2 sl	wheat bread
	#16	egg salad	#10	diced chicken	2 sl	roast beef	#8	fresh grapes	#10	greek pasta salad	#8	vegetable bowtie pasta	2 sl	turkey
	#8	springtime pasta salad	0.5 oz	cheddar cheese	1 sl	american cheese	1/2 c	baby carrots	3 ea	orange wedges	#8	diced peaches	1 sl	provolone cheese
	#8	kidney bean salad	1 ea	ranch dressing	#8	cinnamon applesauce	2 ea	club crackers	1 ea	slider bun	1 ea	pear half	#8	cinnamon applesauce
	1 ea	fresh banana	2 pkt	salad crackers	#10	cole slaw	#8	pineapple tidbits	1 ea	red delicious apple	2 pkt	club crackers	#8	three bean salad
			#8	diced peaches									1 ea	fresh banana

*Meals subject to change *Evening and weekend service is limited *All meals include 8oz milk

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



MECHANICAL MENU
JULY 2023

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Jun-19	19	Cheese Tortellini	20	Burger Parmesan	21	Potato Breaded Fish	22	Meatloaf W/Gravy	23	Macaroni & Cheese	24	Three Bean Chili	25	Breakfast Skillet
	#6	cheese tortellini	#8	whole grain penne	1 ea	breaded potato fish	1 ea	meatloaf	#6	macaroni and cheese	8 oz	three bean chili	#8	breakfast potatoes
	3 oz	marinara sauce	3 oz	marinara sauce	#8	maple roasted sweet potatoes	2 oz	herb beef gravy	#8	green beans	1 ea	cornbread	#16	peppers and onions
	0.5 oz	mozzarella cheese	1 ea	burger patty	#8	succotash	#10	mashed potatoes	#8	cinnamon diced apples	#8	carrot coins	1 ea	fried egg patty
	#8	mixed vegetables	#8	green beans		(whole kernel corn, lima beans)	#8	diced carrots			#8	green beans	1 oz	cheddar cheese
	#8	diced carrots	#8	corn	1 ea	banana	#8	diced peaches			1 ea	fresh banana	#8	capri blend
	1 ea	banana	1 oz	mozzarella cheese									1 ea	vegetarian sausage patty
Cycle 2 Jun-26	26	Pancakes with Blueberry Sauce	27	Three Bean Chili	28	Chicken and Dumplings	29	Farmers Market Omelet	30	Cheese Pierogis	01	Chicken Rice Casserole	02	Chicken Mornay
	2 ea	whole grain pancakes	8 oz	three bean chili	#8	diced chicken	1 ea	cheese omelet	3 ea	cheese pierogis	#8	rice casserole	#8	diced chicken
	2 oz	blueberry topping	1 ea	cornbread	#10	dumplings	#10	peppers & onion	#16	caramelized onions	#8	diced chicken	2 oz	mornay sauce
	#8	scrambled eggs	#8	carrot coins	3 oz	chicken and dumpling gravy	#8	italian green beans	#8	peas	#8	italian blend vegetables	#8	brown rice
	2 ea	turkey sausage links	#8	green beans	#8	broccoli	#8	breakfast potatoes	#8	carrot coins	#10	scalloped potatoes	#8	peas with mushrooms
			1 ea	fresh banana	#10	pineapple betty	1 ea	applesauce cup	1 ea	banana				
Cycle 3 Jul-03	03	BBQ Chicken Breast	04	Spaghetti & Meatballs	05	Cheese Pierogis	06	Salisbury Steak	07	Cheese Manicotti	08	Country Fried Steak	09	Santa Fe Chicken
	#6	diced chicken	#8	linguine noodles	3 ea	cheese pierogis	1 ea	salisbury steak	2 ea	cheese manicotti	1 ea	country fried steak	1 ea	chicken breast
	2 oz	bbq sauce	4 ea	turkey meatballs	#16	caramelized onions	2 oz	herb beef gravy	3 oz	marinara sauce	2 oz	country fried steak gravy	1 oz	salsa
	#8	rosemary & garlic potatoes	3 oz	marinara sauce	#8	peas	#10	mashed potatoes	.50 oz	mozzarella cheese	#10	mashed potatoes	1 oz	monterey jack cheese
	#8	green beans	#8	carrot coins	#8	carrot coins	#8	corn	#8	green beans	#8	peas and carrots	#8	salsa rice
	1 ea	fresh banana	#8	corn	1 ea	banana	#8	cinnamon applesauce	#8	diced peaches	#8	oregon bean medley	#8	fire roasted corn
	1 ea	wheat bread												
Cycle 4 Jul-10	10	Popcorn Chicken Bowl	11	Cheese Stuffed Shells	12	Salisbury Steak	13	Broccoli Cheese Casserole	14	Cheese Lasagna	15	Cheese Tortellini	16	Farmer's Market Omelet
	#8	mashed potatoes	2 ea	stuffed shells	1 ea	salisbury steak	#8	diced chicken	1 ea	cheese lasagna roll	#6	cheese tortellini	1 ea	Cheese Omelet
	3 oz	peppered gravy	3 oz	tomato basil sauce	2 oz	herb beef gravy	#6	broccoli casserole	3 oz	marinara sauce	3 oz	marinara sauce	#10	peppers and onions
	1 oz	cheddar cheese	#8	peas & mushrooms	#10	mashed potatoes	#8	diced peaches	#8	peas	0.5 oz	mozzarella cheese	#8	broccoli
	3 pc	boneless chicken	#8	cinnamon pears	#8	corn	#8	california blend	#8	corn	#8	mixed vegetables	#8	breakfast potatoes
	#8	corn			#8	cinnamon applesauce		(broccoli, carrots, and cauliflower			#8	diced carrots	1 ea	applesauce cup
	1 ea	fresh banana									1 ea	banana		

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VEGETARIAN MENU

JULY 2023

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Jun-19	19 Pierogies and Onions 3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrots coins 1 ea orange	20 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	21 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	22 Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	23 Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 mixed vegetables #8 diced carrots 1 ea fresh banana
Cycle 2 Jun-26	26 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	27 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	28 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	29 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans 1 ea red delicious apple	30 Veggie Burger Parm 1 ea black bean burger #8 corn #8 green beans #8 whole grain penne 3 oz marinara sauce 1 oz mozzarella cheese
Cycle 1 Jul-03	03 Pierogies and Onions 3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrots coins 1 ea orange	04 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	05 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	06 Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	07 Cheese Tortellini 1 ea cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 mixed vegetables #8 diced carrots 1 ea fresh banana
Cycle 2 Jul-10	10 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	11 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	12 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	13 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans #8 breakfast potatoes 1 ea red delicious apple	14 Veggie Burger Parm 1 ea black bean burger #8 corn #8 green beans #8 whole grain penne 3 oz marinara sauce 1 oz mozzarella cheese

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CHILLED PUREE MENU

JULY 2023

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LifeCare Alliance Meals-on-Wheels

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

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PUREE MENU

JULY 2023

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LifeCare Alliance Meals-on-Wheels

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

*Meals subject to change *Evening and weekend service is limited *All meals include 8oz milk *Cold meal substitutions available upon request

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



1699 W. Mound St. Columbus, OH 43223
Mon-Fri 7:45am-5pm Sat-Sun: 8am-5pm

FROZEN MENU
JULY 2023

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels																												
	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday									
Cycle 4 Jun-19	19	Popcorn Chicken Bowl			20	Cheese Stuffed Shells			21	Salisbury Steak			22	Broccoli Cheese Casserole			23	Chef's Choice			24	Cheese Tortellini			25	Farmer's Market Omelet		
	#8	mashed potatoes			2 ea	stuffed shells			1 ea	salisbury steak			#8	diced chicken							#6	cheese tortellini			1 ea	Cheese Omelet		
	3 oz	peppered gravy			3 oz	tomato basil sauce			2 oz	herb beef gravy			#6	broccoli casserole							3 oz	marinara sauce			#10	peppers and onions		
	1 oz	cheddar cheese			#8	peas & mushrooms			#10	mashed potatoes			#8	diced peaches							0.5 oz	mozzarella cheese			#8	broccoli		
	3 pc	boneless chicken			#8	cinnamon pears			#8	corn			#8	california blend							#8	mixed vegetables			#8	breakfast potatoes		
	#8	corn							#8	cinnamon applesauce				(broccoli, carrots, and cauliflower)							#8	diced carrots			1 ea	apple		
1 ea	fresh banana																			1 ea	banana							
Cycle 1 Jun-26	26	Chicken Nuggets			27	Burger Parmesan			28	Potato Breaded Fish			29	Meatloaf W/Gravy			30	Chef's Choice			01	Three Bean Chili			02	Breakfast Skillet		
	5 ea	chicken nuggets			#8	whole grain penne			1 ea	breaded potato fish			1 ea	meatloaf							8 oz	three bean chili			#8	breakfast potatoes		
	#8	italian blend			3 oz	marinara sauce			#8	maple roasted sweet potatoes			2 oz	herb beef gravy							1 ea	cornbread			#16	peppers and onions		
	#8	roasted brussel sprouts			1 ea	burger patty			#8	succotash			#10	mashed potatoes							#8	carrot coins			1 ea	fried egg patty		
	1 ea	fresh banana			#8	green beans				(whole kernel corn, lima beans)			#8	diced carrots							#8	green beans			1 oz	cheddar cheese		
	1 ea	wheat bread			#8	corn			1 ea	banana			#8	diced peaches							1 ea	fresh banana			#8	capri blend		
				1 oz	mozzarella cheese																			1 ea	vegetarian sausage patty			
Cycle 2 Jul-03	03	Pancakes with Blueberry Sauce			04	Grilled Chicken Breast			05	Chicken and Dumplings			06	Farmers Market Omelet			07	Chef's Choice			08	Chicken Rice Casserole			09	Chicken Mornay		
	2 ea	whole grain pancakes			1 ea	grilled chicken breast			#8	diced chicken			1 ea	cheese omelet							#8	rice casserole			1 ea	chicken breast		
	2 oz	blueberry topping			#10	scalloped potatoes			#10	dumplings			#10	peppers & onion							#8	diced chicken			2 oz	mornay sauce		
	#8	scrambled eggs			#8	mixed vegetables			3 oz	chicken and dumpling gravy			#8	italian green beans							#8	italian blend vegetables			#8	brown rice		
	2 ea	turkey sausage links			1 ea	wheat bread			#8	broccoli			#8	breakfast potatoes							#10	scalloped potatoes			#8	peas with mushrooms		
					1 ea	orange			#10	pineapple betty			1 ea	red delicious apple														
Cycle 3 Jul-10	10	BBQ Chicken Breast			11	Spaghetti & Meatballs			12	Waffle and Vegetarian Sausage			13	Hamburger & Macaroni & Cheese			14	Chef's Choice			15	Country Fried Steak			16	Santa Fe Chicken		
	1 ea	grilled chicken breast			#8	linguine noodles			1 ea	whole grain waffle			1 ea	beef hamburger patty							1 ea	country fried steak			1 ea	chicken breast		
	2 oz	bbq sauce			4 ea	turkey meatballs			1 ea	vegetarian sausage patty			#10	macaroni and cheese							2 oz	country fried steak gravy			1 oz	salsa		
	#8	rosemary & garlic potatoes			3 oz	marinara sauce			1 ea	hash brown potato wedge			#8	broccoli							#10	mashed potatoes			1 oz	monterey jack cheese		
	#8	green beans			#8	carrot coins			#8	diced pears			1 ea	red delicious apple							#8	peas and carrots			#8	salsa rice		
	1 ea	fresh banana			#8	corn			1 ea	syrup			1 ea	hamburger bun							#8	oregon bean medley			#8	fire roasted corn		
1 ea	wheat bread																											

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*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



KOSHER MENU
JULY 2023

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 2 Jun-19	19Chicken in a Pot boiled chicken leg with broth matzoh balls peas fresh orange kosher wheat bread	20Vegetable Lasagna vegetable lasagna sliced carrots corn natural applesauce cup kosher wheat bread	21Roasted Turkey Breast roasted turkey breast roasted sweet potatoes peas peach cup kosher wheat bread	22Chicken Breast with Gravy chicken breast carrot tzimmes egg barley pineapple tidbits cup kosher wheat bread	23Spaghetti & Meatballs spaghetti meatballs spaghetti sauce peas fresh orange kosher wheat bread	24Salisbury Steak salisbury steak mashed potatoes corn peas fresh banana kosher wheat bread	25Stuffed Cabbage with Beef stuffed cabbage with beef peas carrots red delicious apple kosher wheat bread
Cycle 1 Jun-26	26Chicken Chow Mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	27Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	28Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	29Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	30Pot Roast pot roast gravy mashed potatoes peas and carrots fresh orange kosher wheat bread	01Eggplant Parmigiana eggplant parmigiana spaghetti peas carrots peach cup kosher wheat bread	02Vegetable Stuffed Peppers roasted potatoes green beans carrots red delicious apple mozzarella sticks kosher wheat bread
Cycle 2 Jul-03	03Chicken in a Pot boiled chicken leg with broth matzoh balls peas fresh orange kosher wheat bread	04Vegetable Lasagna vegetable lasagna sliced carrots corn natural applesauce cup kosher wheat bread	05Roasted Turkey Breast roasted turkey breast roasted sweet potatoes peas peach cup kosher wheat bread	06Chicken Breast with Gravy chicken breast carrot tzimmes egg barley pineapple tidbits cup kosher wheat bread	07Spaghetti & Meatballs spaghetti meatballs spaghetti sauce peas fresh orange kosher wheat bread	08Salisbury Steak salisbury steak mashed potatoes corn peas fresh banana kosher wheat bread	09Stuffed Cabbage with Beef stuffed cabbage with beef peas carrots red delicious apple kosher wheat bread
Cycle 1 Jul-10	10Chicken Chow Mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	11Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	12Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	13Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	14Pot Roast pot roast gravy mashed potatoes peas and carrots fresh orange kosher wheat bread	15Eggplant Parmigiana eggplant parmigiana spaghetti peas carrots peach cup kosher wheat bread	16Vegetable Stuffed Peppers roasted potatoes green beans carrots red delicious apple mozzarella sticks kosher wheat bread

*Meals subject to change

*Evening and weekend service is limited

*All meals include 8oz milk and Kosher wheat bread

*Cold meal substitutions available upon request

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