

HOT NOON MENU DECEMBER 2024

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday	7 Sunday	
2	Cycle 2 Nov-11 11 Pancakes with Blueberry Sauce 2 ea whole grain pancakes 2 oz blueberry topping #8 scrambled eggs 2 ea turkey sausage links 1 ea apple	12 Grilled Chicken Breast 1 ea grilled chicken breast #10 red skinned potatoes #8 mixed vegetables 1 ea wheat bread 1 ea orange <u>Alternative Meal</u> Chicken Fritter Sandwich 1 ea chicken fritter patty #8 baked beans #8 cinnamon pears 1 ea hamburger bun	13 Chicken & Dumplings #8 diced chicken #10 dumplings 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	14 Farmers Market Omelet V1 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea red delicious apple	15 Sausage Gravy & Biscuit #8 sausage gravy 1 ea biscuit #8 rosemary garlic potatoes #8 green beans <u>Alternative Meal</u> Cheese Pierogis - V4 3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	16 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	17 Chicken Mornay 1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms	2
	Cycle 3 Nov-18 18 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	19 Uncle Chuck's Country Fried Steak Biscuit 1 ea country fried steak 1 ea biscuit #16 sausage gravy #8 red skinned potatoes #8 scrambled eggs <u>Alternative Meal</u> Spaghetti & Meatballs #8 linguine noodles 4 ea turkey meatballs 3 oz marinara sauce #8 carrot coins #8 corn	20 Waffle and Turkey Sausages - V5 1 ea whole grain waffle 2 ea turkey sausage 1 ea hash brown potato wedge #8 diced pears 1 ea syrup	21 Hamburger & Macaroni & Cheese - V6 1 ea beef hamburger patty #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	22 Pork Riblet & Mashed Potatoes 1 ea riblet 2 oz bbq sauce #10 mashed potatoes #8 peas #8 carrot coins 1 ea banana <u>Alternative Meal</u> Cheese Manicotti 2 ea cheese manicotti 3 oz marinara sauce .50 oz mozzarella cheese #8 green beans #8 diced peaches	23 Potato Breaded Fish 1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	24 Santa Fe Chicken 1 ea chicken breast 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn	3
4	Cycle 4 Nov-25 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 Thanksgiving Meal 3 oz roasted turkey breast #8 masehed potatoes 2 oz poultry gravy #8 green beans #8 stuffing 1 slc pumpkin pie #10 cranberry sauce 1 ea hawaiian roll	27 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	28 Thanksgiving Meal 3 oz roasted turkey breast #8 mashed potatoes 2 oz poultry gravy #8 green beans #8 stuffing 1 slc pumpkin pie #10 cranberry sauce 1 ea hawaiian roll	29 Country Fried Pork 1 ea country fried pork patty #8 fiesta black beans #8 poultry gravy 1 ea dinner roll <u>Alternative Meal</u> Cheese Lasagna - V8 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	30 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	01 Farmer's Market Omelet - V10 1 ea Cheese Omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple	4
	Cycle 1 Dec-02 02 Chicken Nuggets 5 ea chicken nuggets #8 italian blend #8 scandinavian blend 1 ea fresh banana 1 ea wheat bread	03 Carrie's Homestyle Chicken & Noodles #8 noodle base #8 diced chicken #8 peas and carrots #8 mashed potatoes <u>Alternative Meal</u> Fish Marinara 1 ea breaded fish square 3 oz marinara sauce 1 oz mozzarella cheese #8 oregon bean medley #8 cinnamon apples	04 Burger Parmesan - V1 #8 whole grain penne #10 marinara sauce 3 oz burger patty #8 green beans #10 corn 1 oz mozzarella cheese	05 Meatloaf w/Gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	06 Kielbasa w/Sauerkraut 1 ea kielbasa #20 sauerkraut #8 rosemary garlic potatoes #8 cinnamon diced pears <u>Alternative Meal</u> Macaroni & Cheese - V2 #6 macaroni and cheese #8 green beans #8 cinnamon diced pears	07 Three Bean Chili - V3 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana	08 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 2 ea turkey sausage	1
2	Cycle 2 Dec-09 09 Pancakes with Blueberry Sauce 2 ea whole grain pancakes 2 oz blueberry topping #8 scrambled eggs 2 ea turkey sausage links 1 ea apple	10 Grilled Chicken Breast 1 ea grilled chicken breast #10 red skinned potatoes #8 mixed vegetables 1 ea wheat bread 1 ea orange <u>Alternative Meal</u> Chicken Fritter Sandwich 1 ea chicken fritter patty #8 baked beans #8 cinnamon pears 1 ea hamburger bun	11 Chicken & Dumplings #8 diced chicken #10 dumplings 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	12 Farmers Market Omelet V1 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea red delicious apple	13 Sausage Gravy & Biscuit #8 sausage gravy 1 ea biscuit #8 rosemary garlic potatoes #8 green beans <u>Alternative Meal</u> Cheese Pierogis - V4 3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	14 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	15 Chicken Mornay 1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms	2

*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 DECEMBER 2024

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday	7 Sunday
2	Cycle 2 Nov-11 #8 chicken salad #8 fresh grapes 1/2 c baby carrots 2 ea club crackers #8 pineapple tidbits 11 <u>Chicken Salad Fruit Plate</u>	12 <u>Chicken Chef Salad</u> 1/2 c lettuce #10 diced chicken 0.5 oz cheddar cheese 1 ea ranch dressing 2 pkt salad crackers #8 diced peaches	13 <u>Roast Beef Sandwich</u> 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 cole slaw	14 <u>Egg Salad Sandwich</u> 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	15 <u>Tuna Salad</u> #8 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea red delicious apple	16 <u>Cottage Cheese Fruit Plate</u> #8 cottage cheese #8 vegetable bowtie pasta #8 diced peaches 1 ea pear half 2 pkt club crackers	17 <u>Turkey & Provolone Sandwich</u> 2 sl wheat bread 2 sl turkey 1 sl provolone cheese #8 cinnamon applesauce #8 crunchy cauliflower and broccoli delight 1 ea fresh banana
1	Cycle 1 Nov-18 1/2 cup lettuce #16 corn and bean mix #16 chicken fajita strips #10 springtime pasta salad 1 ea french dressing 1 ea banana 18 <u>Chicken Taco Salad</u>	19 <u>Chicken Pasta Salad</u> #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	20 <u>Turkey Chef Salad</u> 1/2 c lettuce mixture #8 diced turkey 0.5 oz cheddar cheese 1 ea italian dressing 2 pkt salad crackers #8 pineapple tidbits	21 <u>Turkey Sandwich</u> 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	22 <u>Seafood Salad</u> #8 imitation crab meat salad #8 macaroni salad 3 ea orange wedges 1 ea slider bun 1 ea fresh banana	23 <u>Ham & Swiss Sandwich</u> 2 sl wheat bread 2 sl ham 1 sl swiss cheese #8 diced pears #8 four bean salad	24 <u>Bagel & Cream Cheese</u> 1 ea bagel 1 ea cream cheese #8 fiesta slaw #8 broccoli crunch salad 1 ea fresh orange
2	Cycle 2 Nov-25 #8 chicken salad #8 fresh grapes 1/2 c baby carrots 2 ea club crackers #8 pineapple tidbits 25 <u>Chicken Salad Fruit Plate</u>	26 <u>Chicken Chef Salad</u> 1/2 c lettuce #10 diced chicken 0.5 oz cheddar cheese 1 ea ranch dressing 2 pkt salad crackers #8 diced peaches	27 <u>Roast Beef Sandwich</u> 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 cole slaw	28 <u>Egg Salad Sandwich</u> 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	29 <u>Tuna Salad</u> #8 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea red delicious apple	30 <u>Cottage Cheese Fruit Plate</u> #8 cottage cheese #8 vegetable bowtie pasta #8 diced peaches 1 ea pear half 2 pkt club crackers	01 <u>Turkey & Provolone Sandwich</u> 2 sl wheat bread 2 sl turkey 1 sl provolone cheese #8 cinnamon applesauce #8 crunchy cauliflower and broccoli delight 1 ea fresh banana
1	Cycle 1 Dec-02 1/2 cup lettuce #16 corn and bean mix #16 chicken fajita strips #10 springtime pasta salad 1 ea french dressing 1 ea banana 02 <u>Chicken Taco Salad</u>	03 <u>Chicken Pasta Salad</u> #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	04 <u>Turkey Chef Salad</u> 1/2 c lettuce mixture #8 diced turkey 0.5 oz cheddar cheese 1 ea italian dressing 2 pkt salad crackers #8 pineapple tidbits	05 <u>Turkey Sandwich</u> 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	06 <u>Seafood Salad</u> #8 imitation crab meat salad #8 macaroni salad 3 ea orange wedges 1 ea slider bun 1 ea fresh banana	07 <u>Ham & Swiss Sandwich</u> 2 sl wheat bread 2 sl ham 1 sl swiss cheese #8 diced pears #8 four bean salad	08 <u>Bagel & Cream Cheese</u> 1 ea bagel 1 ea cream cheese #8 fiesta slaw #8 broccoli crunch salad 1 ea fresh orange
2	Cycle 2 Dec-09 #8 chicken salad #8 fresh grapes 1/2 c baby carrots 2 ea club crackers #8 pineapple tidbits 09 <u>Chicken Salad Fruit Plate</u>	10 <u>Chicken Chef Salad</u> 1/2 c lettuce #10 diced chicken 0.5 oz cheddar cheese 1 ea ranch dressing 2 pkt salad crackers #8 diced peaches	11 <u>Roast Beef Sandwich</u> 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 cole slaw	12 <u>Egg Salad Sandwich</u> 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	13 <u>Tuna Salad</u> #8 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea red delicious apple	14 <u>Cottage Cheese Fruit Plate</u> #8 cottage cheese #8 vegetable bowtie pasta #8 diced peaches 1 ea pear half 2 pkt club crackers	15 <u>Turkey & Provolone Sandwich</u> 2 sl wheat bread 2 sl turkey 1 sl provolone cheese #8 cinnamon applesauce #8 crunchy cauliflower and broccoli delight 1 ea fresh banana

*Meals subject to change *Evening and weekend service is limited *All meals include 8oz milk
 *For meal cancellations or questions regarding service call LifeCare Alliance Meals-on-Wheels at (614) 278-3152

MECHANICAL MENU DECEMBER 2024

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday	7 Sunday					
2	11 Pancakes with Blueberry Sauce 2 ea whole grain pancakes 2 oz blueberry topping #8 scrambled eggs 2 ea turkey sausage links 1 ea applesauce cup	12 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana	13 Chicken & Dumplings #8 diced chicken #10 dumpling 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	14 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea applesauce cup	15 Cheese Pierogis 3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	16 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	17 Chicken Mornay #8 diced chicken 2 oz mornay sauce #8 brown rice #8 peas with mushrooms	2				
	3	18 BBQ Chicken Breast #6 diced chicken 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea fresh banana 1 ea wheat bread	19 Spaghetti & Meatballs #8 linguine noodles 4 ea turkey meatballs 3 oz marinara sauce #8 carrot coins #8 corn	20 Cheese Pierogis 3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	21 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	22 Cheese Manicotti 2 ea cheese manicotti 3 oz marinara sauce .50 oz mozzarella cheese #8 green beans #8 diced peaches	23 Potato Breaded Fish 1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	24 Santa Fe Chicken #8 diced chicken 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn	3			
		4	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 Thanksgiving Meal 3 oz roasted turkey breast #8 mased potatoes 2 oz poultry gravy #8 green beans #8 stuffing 1 slc pumpkin pie #10 cranberry sauce 1 ea hawaiian roll	27 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	28 Thanksgiving Meal 3 oz roasted turkey breast #8 mashed potatoes 2 oz poultry gravy #8 green beans #8 stuffing 1 slc pumpkin pie #10 cranberry sauce 1 ea hawaiian roll	29 Cheese Lasagna 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	30 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	01 Farmer's Market Omelet 1 ea Cheese Omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea applesauce cup	4		
			1	02 Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 0.5 oz mozzarella cheese #8 mixed vegetables #8 diced carrots 1 ea banana	03 Carrie's Homestyle Chicken & Noodles #8 noodle base #8 diced chicken #8 green beans #8 mashed potatoes	04 Burger Parmesan #8 whole grain penne 3 oz marinara sauce 1 ea burger patty #8 green beans #8 corn 1 oz mozzarella cheese	05 Meatloaf W/Gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	06 Macaroni & Cheese #6 macaroni and cheese #8 green beans #8 cinnamon diced apples	07 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana	08 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty #8 cheddar cheese 2 capri blend 2 ea vegetarian sausage patty	1	
				2	09 Pancakes with Blueberry Sauce 2 ea whole grain pancakes 2 oz blueberry topping #8 scrambled eggs 2 ea turkey sausage links 1 ea applesauce cup	10 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana	11 Chicken & Dumplings #8 diced chicken #10 dumpling 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	12 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea applesauce cup	13 Cheese Pierogis 3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	14 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	15 Chicken Mornay #8 diced chicken 2 oz mornay sauce #8 brown rice #8 peas with mushrooms	2

1

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VEGETARIAN MENU DECEMBER 2024

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 2 Nov-11	11 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	12 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	13 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	14 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans 1 ea red delicious apple	15 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 1 ea vegetarian sausage
Cycle 1 Nov-18	18 Pierogies and Onions 3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrots coins 1 ea orange	19 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	20 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	21 Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	22 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 Nov-25	25 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	26 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	27 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	28 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	29 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 1 ea vegetarian sausage
Cycle 1 Dec-02	02 Pierogies and Onions 3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrots coins 1 ea orange	03 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	04 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	05 Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	06 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 Dec-09	09 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	10 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	11 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	12 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans 1 ea red delicious apple	13 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 1 ea vegetarian sausage

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CHILLED PUREE MENU DECEMBER 2024

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Nov-11	11	Pureed Chicken w/ Gravy	12	Pureed Pork w/ Gravy	13	Pureed Fish	14	Pureed Ham	15	Pureed Beef & Cheddar	16	Pureed Turkey w/ Gravy	17	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 Nov-18	18	Pureed Chicken w/ Gravy	19	Pureed Pork w/ Gravy	20	Pureed Fish	21	Pureed Ham	22	Pureed Beef & Cheddar	23	Pureed Turkey w/ Gravy	24	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 Nov-25	25	Pureed Chicken w/ Gravy	26	Pureed Pork w/ Gravy	27	Pureed Fish	28	Pureed Ham	29	Pureed Beef & Cheddar	30	Pureed Turkey w/ Gravy	01	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 Dec-02	02	Pureed Chicken w/ Gravy	03	Pureed Pork w/ Gravy	04	Pureed Fish	05	Pureed Ham	06	Pureed Beef & Cheddar	07	Pureed Turkey w/ Gravy	08	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 Dec-09	09	Pureed Chicken w/ Gravy	10	Pureed Pork w/ Gravy	11	Pureed Fish	12	Pureed Ham	13	Pureed Beef & Cheddar	14	Pureed Turkey w/ Gravy	15	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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1699 W. Mound St. Columbus, OH 43223

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

PUREE MENU DECEMBER 2024

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Nov-11	11	Pureed Pork w/ Gravy	12	Pureed Beef w/ Gravy	13	Pureed Ham	14	Pureed Beef & Cheddar	15	Pureed Turkey w/ Gravy	16	Pureed Fish	17	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 Nov-18	18	Pureed Pork w/ Gravy	19	Pureed Beef w/ Gravy	20	Pureed Ham	21	Pureed Beef & Cheddar	22	Pureed Turkey w/ Gravy	23	Pureed Fish	24	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 Nov-25	25	Pureed Pork w/ Gravy	26	Pureed Beef w/ Gravy	27	Pureed Ham	28	Pureed Beef & Cheddar	29	Pureed Turkey w/ Gravy	30	Pureed Fish	01	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 Dec-02	02	Pureed Pork w/ Gravy	03	Pureed Beef w/ Gravy	04	Pureed Ham	05	Pureed Beef & Cheddar	06	Pureed Turkey w/ Gravy	07	Pureed Fish	08	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 Dec-09	09	Pureed Pork w/ Gravy	10	Pureed Beef w/ Gravy	11	Pureed Ham	12	Pureed Beef & Cheddar	13	Pureed Turkey w/ Gravy	14	Pureed Fish	15	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 DECEMBER 2024

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 1 Nov-11	11 Chicken Nuggets	12 Burger Parmesan	13 Chicken and Dumplings	14 Meatloaf W/Gravy	15 Chef's Choice	16 Three Bean Chili	17 Breakfast Skillet
	5 ea chicken nuggets #8 italian blend #8 scandinavian blend 1 ea fresh banana 1 ea wheat bread	#8 whole grain penne 3 oz marinara sauce 1 ea burger patty #8 green beans #8 corn 1 oz mozzarella cheese	#8 diced chicken #10 dumplings 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches		8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana	#8 breakfast potatoes #16 cornbread 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 1 ea vegetarian sausage patty
Cycle 2 Nov-18	18 Pancakes with Blueberry Sauce	19 Grilled Chicken Breast	20 Chicken and Dumplings	21 Farmers Market Omelet	22 Chef's Choice	23 Country Fried Steak	24 Chicken Mornay
	2 ea whole grain pancakes 2 oz blueberry topping #8 scrambled eggs 2 ea turkey sausage links 1 ea apple	1 ea grilled chicken breast #10 red skinned potatoes #8 mixed vegetables 1 ea wheat bread 1 ea orange	#8 diced chicken #10 dumplings 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	1 ea cheese omelet #10 dumplings #8 italian green beans #8 broccoli 1 ea fresh apple		1 ea country fried steak 2 oz country fried steak gravy #10 mashed potatoes #8 peas and carrots #8 oregon bean medley	1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms
Cycle 3 Nov-25	25 BBQ Chicken Breast	26 Spaghetti & Meatballs	27 Waffle and Turkey Sausages	28 Thanksgiving Meal	29 Chef's Choice	30 Potato Breaded Fish	01 Santa Fe Chicken
	1 ea grilled chicken breast 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea fresh banana 1 ea wheat bread	#8 linguine noodles 4 ea turkey meatballs 3 oz marinara sauce #8 carrot coins #8 corn	1 ea whole grain waffle 2 ea turkey sausage links 1 ea hash brown potato wedge #8 diced pears 1 ea syrup	3 oz roasted turkey breast #8 mashed potatoes 2 oz poultry gravy #8 green beans #8 stuffing		1 ea potato breaded fish 2 oz scalloped potatoes #8 succotash 1 ea banana	1 ea chicken breast 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
Cycle 4 Dec-02	02 Popcorn Chicken Bowl	03 Cheese Stuffed Shells	04 Salisbury Steak	05 Breakfast Skillet	06 Chef's Choice	07 Chicken Alfredo	08 Farmer's Market Omelet
	#8 mashed potatoes 3 oz peppered gravy 1 oz cheddar cheese 3 pc boneless chicken #8 corn 1 ea fresh banana	2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	#8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 2 ea turkey sausage			1 ea Cheese Omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
Cycle 1 Dec-09	09 Chicken Nuggets	10 Burger Parmesan	11 Chicken and Dumplings	12 Meatloaf W/Gravy	13 Chef's Choice	14 Three Bean Chili	15 Breakfast Skillet
	5 ea chicken nuggets #8 italian blend #8 scandinavian blend 1 ea fresh banana 1 ea wheat bread	#8 whole grain penne 3 oz marinara sauce 1 ea burger patty #8 green beans #8 corn 1 oz mozzarella cheese	#8 diced chicken #10 dumplings 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches		8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana	#8 breakfast potatoes #16 cornbread 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 1 ea vegetarian sausage patty

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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 DECEMBER 2024

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 1 Nov-11	11 Chicken Chow Mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	12 Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	13 Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	14 Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	15 Pot Roast pot roast gravy mashed potatoes peas and carrots fresh orange kosher wheat bread	16 Eggplant Parmigiana eggplant parmigiana spaghetti peas carrots peach cup kosher wheat bread	17 Vegetable Stuffed Peppers roasted potatoes green beans carrots red delicious apple mozzarella sticks kosher wheat bread
Cycle 2 Nov-18	18 Chicken in a Pot boiled chicken leg with broth matzoh balls peas fresh orange kosher wheat bread	19 Vegetable Lasagna vegetable lasagna sliced carrots corn natural applesauce cup kosher wheat bread	20 Roasted Turkey Breast roasted turkey breast roasted sweet potatoes peas peach cup kosher wheat bread	21 Chicken Breast with Gravy chicken breast carrot tzimmes egg barley pineapple tidbits cup kosher wheat bread	22 Spaghetti & Meatballs spaghetti meatballs spaghetti sauce peas fresh orange kosher wheat bread	23 Salisbury Steak salisbury steak mashed potatoes corn peas fresh banana kosher wheat bread	24 Stuffed Cabbage with Beef stuffed cabbage with beef peas carrots red delicious apple kosher wheat bread
Cycle 1 Nov-25	25 Chicken Chow Mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	26 Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	27 Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	28 Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	29 Pot Roast pot roast gravy mashed potatoes peas and carrots fresh orange kosher wheat bread	30 Eggplant Parmigiana eggplant parmigiana spaghetti peas carrots peach cup kosher wheat bread	01 Vegetable Stuffed Peppers roasted potatoes green beans carrots red delicious apple mozzarella sticks kosher wheat bread
Cycle 2 Dec-02	02 Chicken in a Pot boiled chicken leg with broth matzoh balls peas fresh orange kosher wheat bread	03 Vegetable Lasagna vegetable lasagna sliced carrots corn natural applesauce cup kosher wheat bread	04 Roasted Turkey Breast roasted turkey breast roasted sweet potatoes peas peach cup kosher wheat bread	05 Chicken Breast with Gravy chicken breast carrot tzimmes egg barley pineapple tidbits cup kosher wheat bread	06 Spaghetti & Meatballs spaghetti meatballs spaghetti sauce peas fresh orange kosher wheat bread	07 Salisbury Steak salisbury steak mashed potatoes corn peas fresh banana kosher wheat bread	08 Stuffed Cabbage with Beef stuffed cabbage with beef peas carrots red delicious apple kosher wheat bread
Cycle 1 Dec-09	09 Chicken Chow Mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	10 Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	11 Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	12 Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	13 Pot Roast pot roast gravy mashed potatoes peas and carrots fresh orange kosher wheat bread	14 Eggplant Parmigiana eggplant parmigiana spaghetti peas carrots peach cup kosher wheat bread	15 Vegetable Stuffed Peppers roasted potatoes green beans carrots red delicious apple mozzarella sticks kosher wheat bread