

## MECHANICAL MENU MARCH 2025

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
<b>3</b>	<b>10</b> 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	<b>11</b> Spaghetti & Meatballs #8 linguine noodles 4 ea turkey meatballs 3 oz marinara sauce #8 carrot coins #8 corn	<b>12</b> Cheese Pierogis 3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	<b>13</b> Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	<b>14</b> Cheese Manicotti 2 ea cheese manicotti 3 oz marinara sauce 0.5 mozzarella cheese #8 green beans #8 diced peaches	<b>15</b> Potato Breaded Fish 1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	<b>16</b> Santa Fe Chicken #8 diced chicken 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
<b>4</b>	<b>17</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>18</b> Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil #8 peas and mushrooms #8 cinnamon pears	<b>19</b> Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	<b>20</b> Broccoli and Cheese Casserole #8 diced chicken #6 broccoli casserole #8 mashed potatoes #8 california blend	<b>21</b> Cheese Lasagna 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	<b>22</b> Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	<b>23</b> Farmer's Market Omelet 1 ea Cheese Omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea applesauce cup
<b>1</b>	<b>24</b> Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 0.5 oz mozzarella cheese #8 mixed vegetables #8 diced carrots 1 ea banana	<b>25</b> Carrie's Homestyle Chicken & Noodles #8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots	<b>26</b> Burger Parmesan #8 whole grain penne 3 oz marinara sauce 1 ea beef hamburger patty 1 oz mozzarella cheese #8 green beans #8 corn	<b>27</b> Meatloaf W/Gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	<b>28</b> Macaroni & Cheese #6 macaroni and cheese #8 green beans #8 cinnamon diced apples	<b>01</b> Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana	<b>02</b> 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 links
<b>2</b>	<b>03</b> 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	<b>04</b> Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana	<b>05</b> Chicken & Dumplings #8 diced chicken #10 dumpling 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	<b>06</b> Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea applesauce cup	<b>07</b> Cheese Pierogis 3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	<b>08</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>09</b> Chicken Mornay #8 diced chicken 2 oz mornay sauce #8 brown rice #8 peas with mushrooms

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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

# VEGETARIAN MENU

## MARCH 2025

Approved By: Penny S. Rudy RD, LD CPFS

### LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Feb-10	<b>10</b> Pierogies and Onions 3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrots coins 1 ea orange	<b>11</b> Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	<b>12</b> Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	<b>13</b> Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	<b>14</b> 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 Feb-17	<b>17</b> Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	<b>18</b> Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	<b>19</b> Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	<b>20</b> 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	<b>21</b> 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 Feb-24	<b>24</b> Pierogies and Onions 3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrots coins 1 ea orange	<b>25</b> Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	<b>26</b> Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	<b>27</b> Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	<b>28</b> 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 Mar-03	<b>03</b> Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	<b>04</b> Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	<b>05</b> Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	<b>06</b> Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans 1 ea red delicious apple	<b>07</b> 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

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

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1699 W. Mound St. Columbus, OH 43223

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# CHILLED PUREE MENU

## MARCH 2025

Approved By: Penny S. Rudy RD, LD CPFS

### LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Feb-10	10	Pureed Chicken w/ Gravy	11	Pureed Pork w/ Gravy	12	Pureed Fish	13	Pureed Ham	14	Pureed Beef & Cheddar	15	Pureed Turkey w/ Gravy	16	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 peaches	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 Feb-17	17	Pureed Chicken w/ Gravy	18	Pureed Pork w/ Gravy	19	Pureed Fish	20	Pureed Ham	21	Pureed Beef & Cheddar	22	Pureed Turkey w/ Gravy	23	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 peaches	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 Feb-24	24	Pureed Chicken w/ Gravy	25	Pureed Pork w/ Gravy	26	Pureed Fish	27	Pureed Ham	28	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 peaches	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 Mar-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 peaches	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 MARCH 2025

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## LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Feb-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
Cycle 1 Feb-17	17	Pureed Pork w/ Gravy	18	Pureed Beef w/ Gravy	19	Pureed Ham	20	Pureed Beef & Cheddar	21	Pureed Turkey w/ Gravy	22	Pureed Fish	23	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 Feb-24	24	Pureed Pork w/ Gravy	25	Pureed Beef w/ Gravy	26	Pureed Ham	27	Pureed Beef & Cheddar	28	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 Mar-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

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## FROZEN MENU MARCH 2025

Approved By: Penny S. Rudy RD, LD CPFS

### LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 2 Feb-10	10 Pancakes with Blueberry Sauce	11 Grilled Chicken Breast	12 Chicken and Dumplings	13 Farmers Market Omelet	14 Chef's Choice	15 Country Fried Steak	16 Chicken Mornay
	2 ea blueberry pancakes #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 peppers & onion #8 italian green beans #8 breakfast potatoes 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 Feb-17	17 BBQ Chicken Breast	18 Spaghetti & Meatballs	19 Waffle & Turkey Sausage	20 Hamburger & Macaroni & Cheese	21 Chef's Choice	22 Potato Breaded Fish	23 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	1 ea beef hamburger #10 macaroni and cheese #8 broccoli 1 ea apple 1 ea hamburger bun		1 ea potato breaded fish #8 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 Feb-24	24 Popcorn Chicken Bowl	25 Cheese Stuffed Shells	26 Salisbury Steak	27 Broccoli & Cheese Casserole	28 Chef's Choice	01 Chicken Alfredo	02 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 diced chicken #6 broccoli casserole #8 diced peaches #8 california blend		#8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	1 ea cheese omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
Cycle 1 Mar-03	03 Chicken Nuggets	04 Carrie's Homestyle Chicken & Noodles	05 Burger Parmesan	06 Meatloaf W/Gravy	07 Chef's Choice	08 Three Bean Chili	09 Breakfast Skillet
	5 ea chicken nuggets #8 italian blend #8 wax beans 1 ea fresh banana 1 ea wheat bread	#8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots	#8 whole grain penne 3 oz marinara sauce 1 ea burger patty 1 oz mozzarella cheese #8 corn #8 green beans	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 peppercorn and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 2 ea turkey sausage links

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

# KOSHER MENU

## MARCH 2025

Approved By: Penny S. Rudy RD, LD CPFS

### LifeCare Alliance Meals-on-Wheels

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