

HOT NOON MENU
June 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	1	2	3	4	5	6	7
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	02 BBQ Chicken Breast 1 ea grilled chicken breast 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea orange 1 ea wheat bread	03 Chicken Nuggets 5 ea chicken nugggets #8 italian blend vegetables #8 yellow wax bean 1 ea apple 1 slc bread <u>Alternative Meal</u> Uncle Chuck's Country Fried Steak Biscuit 1 ea country fried steak 1 ea biscuit #16 sausage gravy #8 cruchy potato bites #8 scrambled eggs	04 Waffle and Turkey Sausages - V5 1 ea whole grain waffle 2 ea turkey sausage links 1 ea hash brown potato wedge #8 diced pears 1 ea syrup	05 Hamburger & Macaroni & Cheese - V6 1 ea beef hamburger patty #8 macaroni and cheese #10 broccoli 1 ea apple 1 ea hamburger bun	06 Pork Riblet 1 ea pork riblet 2 oz bbq sauce #10 mashed potatoes #8 peas #8 diced carrots 1 ea banana <u>Alternative Meal</u> Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	07 Potato Breaded Fish 1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	08 Santa Fe Chicken 1 ea chicken breast 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
							3
4	09 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	10 Bratwurst w/Peppers & Onions 1 ea bratwurst 1 ea hot dog bun #10 peppers and onions #8 corn #8 baked beans <u>Alternative Meal</u> cheese stuffed shells 2 ea 3 oz tomato basil sauce #8 peas and mushrooms #8 cinnamon pears	11 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy 1 oz cheddar cheese #8 boneless chicken #8 corn 1 ea orange	12 Hearty Vegetable Stew 8 oz hearty vegetable stew #8 harvest grain medley #8 asparagus 1 ea banana	13 Country Fried Pork 1 ea country fried pork 2 oz pork gravy #10 mashed potatoes #8 peas <u>Alternative Meal</u> Cheese Lasagna 1 ea 3 oz cheese lasagna roll #8 marinara sauce #8 peas #8 corn	14 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	15 Farmer's Market Omelet - V10 1 ea cheese omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
							4
1	16 Meatloaf w/ Gravy 1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	17 Carrie's Home-style Chicken & Noodles #8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots <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	18 Johnny Marzetti #8 whole grain penne pasta 3 oz marinara sauce #10 ground beef crumbles 1 oz mozzarella cheese #8 green beans #8 corn	19 Spaghetti & Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	20 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	21 Three Bean Chili - V3 8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	22 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
							1
2	23 Creamy Cheesy Chicken Bake 1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms	24 Grilled Chicken Breast 1 ea grilled chicken breast #8 cruchy potato bites #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	25 Chicken & Dumplings #8 diced chicken #6 dumplings (spaetzle) 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	26 Farmers Market Omelet V1 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea red delicious apple	27 Sausage Gravy & Biscuit #8 sausage gravy 1 ea biscuit #8 rosemary garlic potatoes #8 green beans <u>Alternative Meal</u> Cheese Ravioli - V4 #6 cheese ravioli 3 oz marinara sauce #8 peas #8 diced carrots 1 ea banana	28 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	29 Waffles and Turkey Sausages 1 ea whole grain waffle 2 ea turkey sausage links 1 ea hashbrown potato wedge #8 diced pears 1 ea syrup
							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
June 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

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

MECHANICAL MENU
June 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels							
	1	2	3	4	5	6	7
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	02 BBQ Chicken Breast #6 diced chicken 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea applesauce cup 1 ea wheat bread	03 Spaghetti & Meatballs #8 linguine noodles 4 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	04 Cheese Pierogis 3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	05 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	06 Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	07 Potato Breaded Fish 1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	08 Santa Fe Chicken #8 diced chicken 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
4	09 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	10 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil #8 peas and mushrooms #8 cinnamon pears	11 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy #8 cheddar cheese #8 boneless chicken corn 1 ea mandarin orange cup	12 Hearty Vegetable Stew 8 oz hearty vegetable stew #8 harvest grain medley #8 aspargus 1 ea banana	13 Cheese Lasagna 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	14 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	15 Farmer's Market Omelet 1 ea Cheese Omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea applesauce cup
1	16 Meatloaf w/Gravy 1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	17 Carrie's Homestyle Chicken & Noodles #8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots	Johnny Marzetti #8 whole grain penne pasta 3 oz marinara sauce #10 ground beef crumbles 1 oz mozzarella cheese #8 green beans #8 corn	19 Spaghetti & Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	20 Macaroni & Cheese #6 macaroni and cheese #8 green beans #8 cinnamon diced apples	21 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	22 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
2	23 Creamy Cheesy Chicken Bake #8 diced chicken 2 oz mornay sauce #8 brown rice #8 peas and mushrooms	24 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana or fruit cup	25 Chicken & Dumplings #8 diced chicken #10 dumpling 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	26 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea applesauce cup	27 Cheese Ravoli #6 cheese ravoli 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots 1 ea banana	28 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	29 Spaghetti and Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn
1234567							
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VEGETARIAN MENU
June 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday	
Cycle 1 Jun-02	02	Cheese Tortellini or Cheese Ravioli	03	Cheese Lasagna	04	Black Bean Burger	05	Mac & Cheese	06	Cheese Tortellini
	#6	cheese tortellini or cheese ravioli	1 ea	cheese lasagna	1 ea	black bean burger	#6	mac & cheese	#6	cheese tortellini
	3 oz	marinara sauce	3 oz	marinara sauce	#10	macaroni and cheese	#8	green beans	3 oz	marinara sauce
	1 oz	mozzarella cheese	#8	peas	#8	broccoli	#8	diced apples	1 oz	mozzarella cheese
	#8	diced carrots	#8	corn	1 ea	red delicious apple			#8	mixed vegetables
	#8	mixed vegetables			1 ea	hamburger bun			#8	diced carrots
									1 ea	fresh banana
Cycle 2 Jun-09	09	Waffle & Vegetarian Sausage Breakfast	10	Cheese Stuffed Shells	11	Vegetarian Chili	12	Farmers Market Omelet	13	Breakfast Skillet
	1 ea	whole grain waffle	2 ea	cheese stuffed shells	#6	three bean chili	1 ea	cheese omelet	#8	breakfast potatoes
	1 ea	vegetarian sausage patty	3 oz	tomato basil sauce	#8	carrot coins	#10	peppers & onion	#16	peppers and onions
	#8	potato wedge	#8	peas & mushrooms	#8	green beans	#8	broccoli or	1 ea	fried egg patty
	#8	diced pears	# 8	cinnamon pears	1 ea	cornbread mini loaf	#8	italian green beans	1 oz	cheddar cheese
	1 ea	syrup			1 ea	fresh banana	#8	breakfast potatoes	#8	capri blend
							1 ea	red delectious apple	1 ea	vegetarian sausage patty
Cycle 1 Jun-16	16	Cheese Tortellini or Cheese Ravioli	17	Cheese Lasagna	18	Black Bean Burger	19	Mac & Cheese	20	Hearty Vegetable Soup
	#6	cheese tortellini or cheese ravioli	1 ea	cheese lasagna	1 ea	black bean burger	#6	mac & cheese	8 oz	hearty vegetable soup
	3 oz	marinara sauce	3 oz	marinara sauce	#10	macaroni and cheese	#8	green beans	#8	harvest grain medley
	1 oz	mozzarella cheese	#8	peas	#8	broccoli	#8	diced apples	#8	aspargus
	#8	peas	#8	corn	1 ea	apple			1 ea	banana
	#8	diced carrots			1 ea	hamburger bun				
Cycle 2 Jun-23	23	Waffle & Vegetarian Sausage Breakfast	24	Cheese Stuffed Shells	25	Vegetarian Chili	26	Farmers Market Omelet	27	Breakfast Skillet
	1 ea	whole grain waffle	2 ea	cheese stuffed shells	#6	three bean chili	1 ea	cheese omelet	#8	breakfast potatoes
	1 ea	vegetarian sausage patty	3 oz	tomato basil sauce	#8	diced carrots	#10	peppers & onion	#16	peppers and onions
	#8	potato wedge	#8	peas & mushrooms	#8	green beans	#8	broccoli or	1 ea	fried egg patty
	#8	diced pears	#8	cinnamon pears	1 ea	cornbread mini loaf	#8	italian green beans	1 oz	cheddar cheese
	1 ea	syrup			1 ea	fresh banana	1 ea	red delicious apple	#8	capri blend
									1 ea	vegetarian sausage patty

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1699 W. Mound St. Columbus, OH 43223
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CHILLED PUREE MENU

June 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Jun-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 Jun-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		
Cycle 1 Jun-16	16	Pureed Chicken w/ Gravy	17	Pureed Pork w/ Gravy	18	Pureed Fish	19	Pureed Ham	20	Pureed Beef & Cheddar	21	Pureed Turkey w/ Gravy	22	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-23	23	Pureed Chicken w/ Gravy	24	Pureed Pork w/ Gravy	25	Pureed Fish	26	Pureed Ham	27	Pureed Beef & Cheddar	28	Pureed Turkey w/ Gravy	29	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
June 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Jun-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 Jun-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
Cycle 1 Jun-16	16	Pureed Pork w/ Gravy	17	Pureed Beef w/ Gravy	18	Pureed Ham	19	Pureed Beef & Cheddar	20	Pureed Turkey w/ Gravy	21	Pureed Fish	22	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-23	23	Pureed Pork w/ Gravy	24	Pureed Beef w/ Gravy	25	Pureed Ham	26	Pureed Beef & Cheddar	27	Pureed Turkey w/ Gravy	28	Pureed Fish	29	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
June 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
Cycle 2 Jun-02	02	Fluffy Blueberry Pancakes				03	Grilled Chicken Breast				04	Chicken and Dumplings				05	Farmers Market Omelet				06	Chef's Choice				07	Country Fried Steak				08	Creamy Cheesy Chicken Bake																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
	2 ea	blueberry pancakes				1 ea	grilled chicken breast				#8	diced chicken				1 ea	cheese omelet									1 ea	country fried steak				1 ea	chicken breast																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
	#8	scrambled eggs				#8	crunchy potato bites				#10	dumplings (spaetzle)				#10	peppers & onion									2 oz	country fried steak gravy				2 oz	mornay sauce																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
	2 ea	turkey sausage links				#8	mixed vegetables				3 oz	chicken and dumpling gravy				#8	italian green beans									#10	mashed potatoes				#8	brown rice																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
	1 ea	apple				1 ea	wheat bread				#8	broccoli				#8	breakfast potatoes									#8	peas and carrots				#8	peas with mushrooms																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		

*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

KOSHER MENU
June 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

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