

HOT NOON MENU
July 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 3 Jun-30	30 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	01 Chicken Nuggets 5 ea chicken nugggets #8 italian blend vegetables #8 yellow wax bean 1 ea apple 1 slc bread Alternative Meal 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	02 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	03 Hamburger & Macaroni & Cheese - V6 1 ea beef hamburger patty #10 macaroni and cheese #8 broccoli 1 ea apple 1 ea hamburger bun	04 Pork Riblet 1 ea pork riblet 2 oz bbq sauce #10 mashed potatoes #8 peas #8 diced carrots 1 ea banana Alternative Meal Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	05 Potato Breaded Fish 1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	06 Santa Fe Chicken 1 ea chicken breast 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
Cycle 4 Jul-07	07 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	08 Bratwurst w/Peppers & Onions 1 ea bratwurst 1 ea hot dog bun #10 peppers and onions #8 baby bakers #8 baked beans Alternative Meal 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas and mushrooms #8 cinnamon pears	09 Johnny Marzetti #8 whole grain penne pasta 3 oz marinara sauce #10 beef crumbles 1 oz mozzarella cheese #8 green beans #8 corn	10 Hearty Vegetable Stew #6 hearty vegetable stew #8 harvest grain medley #8 asparagus 1 ea banana	11 Country Fried Pork 1 ea country fried pork 2 oz pork gravy #10 mashed potatoes #8 peas Alternative Meal Cheese Lasagna 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	12 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	13 Farmer's Market Omelet - V10 1 ea cheese omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
Cycle 1 Jul-14	14 Meatloaf w/ Gravy 1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	15 Carrie's Home-style Chicken & Noodles #8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots Alternative Meal Fish Marinara 1 ea breaded fish square 3 oz marinara sauce 1 oz mozzarella cheese #8 oregon bean medley #8 cinnamon apples	16 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy #8 popcorn chicken 1 oz cheddar cheese #8 corn 1 ea orange	17 Spaghetti & Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	18 Kielbasa w/Sauerkraut 1 ea kielbasa #20 sauerkraut #8 rosemary garlic potatoes #8 cinnamon diced pears Alternative Meal Macaroni & Cheese - V2 #6 macaroni and cheese #8 green beans #8 cinnamon diced pears	19 Three Bean Chili - V3 8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	20 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
Cycle 2 Jul-21	21 Creamy Cheesy Chicken Bake 1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms	22 Grilled Chicken Breast 1 ea grilled chicken breast #8 cruchy potato bites #8 mixed vegetables 1 ea wheat bread 1 ea orange Alternative Meal Chicken Fritter Sandwich 1 ea chicken fritter patty #8 baked beans #8 cinnamon pears 1 ea hamburger bun	23 Chicken & Dumplings #8 diced chicken #6 dumplings (spaetzle) 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	24 Farmers Market Omelet V1 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea red delicious apple	25 Sausage Gravy & Biscuit #8 sausage gravy 1 ea biscuit #8 rosemary garlic potatoes #8 green beans Alternative Meal Cheese Ravioli - V4 #6 cheese ravioli 3 oz marinara sauce #8 peas #8 diced carrots 1 ea banana	26 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	27 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
	1	2	3	4	5	6	7

*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

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

COLD NOON MENU
July 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
Cycle 1 Jun-30	30	Chicken Taco Salad	01	Chicken Pasta Salad	02	Turkey Chef Salad	03	Turkey Sandwich	04	Seafood Salad	05	Ham & Swiss Sandwich	06	Bagel & Cream Cheese
	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	1						
Cycle 2 Jul-07	07	Chicken Salad Fruit Plate	08	Chicken Chef Salad	09	Roast Beef Sandwich	10	Egg Salad Sandwich	11	Tuna Salad	12	Cottage Cheese Fruit Plate	13	Turkey & Provolone Sandwich
	#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	2						
Cycle 1 Jul-14	14	Chicken Taco Salad	15	Chicken Pasta Salad	16	Turkey Chef Salad	17	Turkey Sandwich	18	Seafood Salad	19	Ham & Swiss Sandwich	20	Bagel & Cream Cheese
	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	1						
Cycle 2 Jul-21	21	Chicken Salad Fruit Plate	22	Chicken Chef Salad	23	Roast Beef Sandwich	24	Egg Salad Sandwich	25	Tuna Salad	26	Cottage Cheese Fruit Plate	27	Turkey & Provolone Sandwich
	#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	2						
	1		2		3		4		5		6		7	

MECHANICAL MENU

July 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

3	1	Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6	Saturday	7	Sunday
	30	BBQ Chicken Breast	01	Spaghetti & Meatballs	02	Cheese Pierogis	03	Salisbury Steak	04	Cheese Tortellini	05	Potato Breaded Fish	06	Santa Fe Chicken
4	31	diced chicken 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea applesauce cup 1 ea wheat bread	02	#8 linguine noodles 4 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	03	3 ea cheese pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea banana	04	1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	05	#6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	06	1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	07	#8 diced chicken 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
	07	Salisbury Steak	08	Cheese Stuffed Shells	09	Johnny Marzetti	10	Hearty Vegetable Stew	11	Cheese Lasagna	12	Chicken Alfredo	13	Farmer's Market Omelet
1	08	1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	09	2 ea cheese stuffed shells 3 oz tomato basil #8 peas and mushrooms #8 cinnamon pears	10	#8 whole grain penne pasta #10 ground beef crumbles #8 mozzarella cheese #8 green beans #8 corn	11	#6 hearty vegetable stew #8 harvest grain medley #8 mozzarella cheese 1 ea banana	12	1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	13	#8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	14	1 ea Cheese Omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea applesauce cup
	14	Meatloaf w/Gravy	15	Carrie's Homestyle Chicken & Noodles	16	Popcorn Chicken	17	Spaghetti & Meatballs	18	Macaroni & Cheese	19	Three Bean Chili	20	Breakfast Skillet
2	15	1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	16	#8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots	17	#8 mashed potatoes 3 oz peppered gravy 1 oz cheddar cheese #8 diced chicken #8 corn 1 ea orange	18	#8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	19	#6 macaroni and cheese #8 green beans #8 cinnamon diced apples	20	8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	21	#8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 2 ea turkey sausage links
	21	Creamy Cheesy Chicken Bake	22	Three Bean Chili	23	Chicken & Dumplings	24	Farmers Market Omelet	25	Cheese Ravioli	26	Country Fried Steak	27	Spaghetti and Meatballs
3	22	#8 diced chicken 2 oz mornay sauce #8 brown rice #8 peas and mushrooms	23	8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana or fruit cup	24	#8 diced chicken #10 dumpling 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	25	1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea applesauce cup	26	#6 cheese ravioli 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots 1 ea banana	27	1 ea country fried steak 2 oz country fried steak gravy #10 mashed potatoes #8 peas and carrots #8 oregon bean medley	28	#8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn
	28		29		30		31		32		33		34	

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VEGETARIAN MENU
July 2025

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LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday	
Cycle 1 Jun-30	30	Cheese Tortellini or Cheese Ravioli	01	Cheese Lasagna	02	Black Bean Burger	03	Mac & Cheese	04	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 Jul-07	07	Waffle & Vegetarian Sausage Breakfast	08	Cheese Stuffed Shells	09	Vegetarian Chili	10	Farmers Market Omelet	11	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 delicious apple	1 ea	vegetarian sausage patty
Cycle 1 Jul-14	14	Cheese Tortellini or Cheese Ravioli	15	Cheese Lasagna	16	Black Bean Burger	17	Mac & Cheese	18	Hearty Vegetable Soup
	#6	cheese tortellini or cheese ravioli	1 ea	cheese lasagna	1 ea	black bean burger	#6	mac & cheese	#6	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 Jul-21	21	Waffle & Vegetarian Sausage Breakfast	22	Cheese Stuffed Shells	23	Vegetarian Chili	24	Farmers Market Omelet	25	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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CHILLED PUREE MENU

July 2025

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LifeCare Alliance Meals-on-Wheels

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

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PUREE MENU
July 2025

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LifeCare Alliance Meals-on-Wheels

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

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

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

1699 W. Mound St. Columbus, OH 43223

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

FROZEN MENU
July 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels																																			
	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday										
Cycle 2 Jun-30	30	Fluffy Blueberry Pancakes				01	Grilled Chicken Breast				02	Chicken and Dumplings				03	Farmers Market Omelet				04	Chef's Choice				05	Country Fried Steak				06	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			
						1 ea	orange				#10	pineapple betty				1 ea	fresh apple																		
Cycle 3 Jul-07	07	BBQ Chicken Breast				08	Chicken Nuggets				09	Waffle & Turkey Sausages				10	Hamburger & Macaroni & Cheese				11	Chef's Choice				12	Potato Breaded Fish				13	Santa Fe Chicken			
	1 ea	grilled chicken breast				5 ea	chicken nuggets				1 ea	whole grain waffle				1 ea	beef hamburger									1 ea	potato breaded fish				1 ea	chicken breast			
	2 oz	bbq sauce				#8	italian blend vegetables				2 ea	turkey sausage links				#10	macaroni and cheese									#8	scalloped potatoes				1 oz	salsa			
	#8	rosemary & garlic potatoes				#8	yellow wax beans				1 ea	hash brown potato wedge				#8	broccoli									#8	succotash				1 oz	monterey jack cheese			
	#8	green beans				1 ea	fresh apple				#8	diced pears				1 ea	apple									1 ea	banana				#8	salsa rice			
		orange				1 slc	wheat bread				1 ea	syrup				1 ea	hamburger bun														#8	fire roasted corn			
		wheat bread																																	
Cycle 4 Jul-14	14	Salisbury Steak				15	Cheese Stuffed Shells				16	Johnny Marzetti				17	Hearty Vetable Stew				18	Chef's Choice				19	Chicken Alfredo				20	Farmer's Market Omelet			
	1 ea	salisbury steak				2 ea	cheese stuffed shells				#8	whole grain penne pasta				#6	hearty vegetable stew									#8	linguine noodles				1 ea	cheese omelet			
	2 oz	herb beef gravy				3 oz	tomato basil sauce				3 oz	marinara sauce				#8	harvest grain medley									#10	alfredo sauce				#10	peppers and onions			
	#10	mashed potatoes				#8	peas & mushrooms				#10	ground beef crumbles				#8	asparagus									#8	diced chicken				#8	broccoli			
	#8	green beans				#8	cinnamon pears				1 oz	mozzarella cheese				1 ea	banana									#8	broccoli				#8	breakfast potatoes			
		cinnamon applesauce									#8	green beans														#8	diced carrots				1 ea	apple			
											#8	corn														1 ea	banana								
Cycle 1 Jul-21	21	Meatloaf w/Gravy				22	Carrie's Homestyle Chicken & Noodles				23	Popcorn Chicken				24	Spaghetti & Meatballs				25	Chef's Choice				26	Three Bean Chili				27	Breakfast Skillet			
	1 ea	meatloaf slice				#8	egg noodles				#8	mashed potatoes				#8	linguine noodles									8 oz	three bean chili				#8	breakfast potatoes			
	2 oz	herb beef gravy				#10	diced chicken				3 oz	peppered gravy				5 ea	turkey meatballs									1 ea	cornbread				#16	peppers and onions			
	#10	mashed potatoes				#6	chicken base				1 oz	cheddar cheese				3 oz	marinara sauce									#8	diced carrots				1 ea	fried egg patty			
	#8	diced carrots				#8	mashed potatoes				#8	boneless chicken				#8	diced carrots									#8	green beans				1 oz	cheddar cheese			
		diced peaches				#8	peas and carrots				#8	corn				#8	corn									1 ea	fresh banana				#8	capri blend			
											1 ea	orange																			2 ea	turkey sausage links			

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

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

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

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

KOSHER MENU
July 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

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