

HOT NOON MENU
AUGUST 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	28 BBQ Chicken Breast	29 Johnny Marzetti	30 Waffle and Turkey Sausages - V5	31 Hamburger & Macaroni & Cheese - V6	01 Pork Riblet	02 Potato Breaded Fish	03 Santa Fe Chicken
	1 ea grilled chicken breast	#8 whole grain penne pasta	1 ea whole grain waffle	1 ea beef hamburger patty	1 ea pork riblet	1 ea potato breaded fish	1 ea chicken breast
	2 oz bbq sauce	3 oz marinara sauce	2 ea turkey sausage links	#10 macaroni and cheese	2 oz bbq sauce	#8 scalloped potatoes	1 oz salsa
	#8 rosemary & garlic potatoes	#10 beef crumbles	1 ea hash brown potato wedge	#8 broccoli	#10 mashed potatoes	#8 succotash	1 oz monterey jack cheese
	#8 green beans	1 oz mozzarella cheese	#8 apple	1 ea apple	#8 peas	1 ea banana	#8 salsa rice
4	1 ea orange	#8 green beans	1 ea syrup	1 ea hamburger bun	#8 diced carrots		#8 fire roasted corn
	1 ea wheat bread	#8 corn			1 ea banana		
		Alternative Meal			Alternative Meal		
		Uncle Chuck's Country			Cheese Tortellini		
		Fried Steak Biscuit					
1	04 Salisbury Steak	05 Bratwurst w/Peppers	06 Chicken Nuggets	07 Hearty Vegetable Stew	08 Country Fried Pork	09 Chicken Alfredo	10 Farmer's Market Omelet - V10
	1 ea salisbury steak	& Onions	5 ea chicken nuggets	#6 hearty vegetable stew	1 ea country fried pork	#8 linguine noodles	1 ea cheese omelet
	2 oz herb beef gravy	1 ea bratwurst	#8 italian blend vegetables	#8 harvest grain medley	2 oz pork gravy	#10 alfredo sauce	#10 peppers and onions
	#10 mashed potatoes	1 ea hot dog bun	#8 yellow wax beans	#8 asparagus	#10 mashed potatoes	#8 diced chicken	#8 broccoli
	#8 green beans	#10 peppers and onions	1 ea apple	1 ea banana	#8 peas	#8 broccoli	#8 breakfast potatoes
2	#8 cinnamon applesauce	#8 baby bakers	1 sic wheat bread		Alternative Meal	#8 diced carrots	1 ea apple
		#8 baked beans			Cheese Lasagna	1 ea banana	
		Alternative Meal			cheese lasagna roll		
		2 ea cheese stuffed shells			3 oz marinara sauce		
		3 oz tomato basil sauce			#8 peas		
2	11 Meatloaf w/ Gravy	12 Carrie's Home-style Chicken	13 Popcorn Chicken Bowl	14 Spaghetti & Meatballs	15 Kielbasa w/Sauerkraut	16 Three Bean Chili - V3	17 Breakfast Skillet
	1 ea meatloaf slice	& Noodles	#8 mashed potatoes	#8 linguine noodles	1 ea kielbasa	8 oz three bean chili	#8 breakfast potatoes
	2 oz herb beef gravy	#8 egg noodles	3 oz peppered gravy	5 ea turkey meatballs	#20 sauerkraut	1 ea cornbread	#16 peppers and onions
	#10 mashed potatoes	#8 diced chicken	#8 popcorn chicken	3 oz marinara sauce	#8 rosemary garlic potatoes	#8 diced carrots	1 ea fried egg patty
	#8 diced carrots	#6 chicken base	1 oz cheddar cheese	#8 diced carrots	#8 cinnamon diced pears	#8 green beans	1 oz cheddar cheese
3	#8 diced peaches	#8 mashed potatoes	#8 corn	#8 corn	Alternative Meal	1 ea fresh banana	#8 capri blend
		#8 peas and carrots	1 ea orange		Macaroni & Cheese - V2		2 ea turkey sausage links
		Alternative Meal			macaroni and cheese		
		Fish Marinara			#8 green beans		
		1 ea breaded fish square			#8 cinnamon diced pears		
2	18 Creamy Cheesy Chicken Bake	19 Grilled Chicken Breast	20 Chicken & Dumplings	21 Farmers Market Omelet V1	22 Sausage Gravy & Biscuit	23 Country Fried Steak	24 Waffles and Turkey Sausages
	1 ea chicken breast	1 ea grilled chicken breast	#8 diced chicken	1 ea cheese omelet	#8 sausage gravy	1 ea country fried steak	1 ea whole grain waffle
	2 oz mornay sauce	#8 cruchy potato bites	#6 dumplings (spaetzie)	#10 peppers & onion	1 ea biscuit	2 oz country fried steak gravy	2 ea turkey sausage links
	#8 brown rice	#8 mixed vegetables	3 oz chicken and dumpling gravy	#8 italian green beans	1 ea rosemary garlic potatoes	#10 mashed potatoes	1 ea hashbrown potato wedge
	#8 peas with mushrooms	1 ea wheat bread	#8 broccoli	#8 breakfast potatoes	#8 green beans	#8 peas and carrots	#8 diced pears
3		1 ea orange	#10 pineapple betty	1 ea red delicious apple	Alternative Meal	#8 oregon bean medley	1 ea syrup
		Alternative Meal			Cheese Ravioli - V4		
		Chicken Fritter Sandwich			cheese ravioli		
		1 ea chicken fritter patty			3 oz marinara sauce		
		#8 baked beans			#8 peas		
3	25 BBQ Chicken Breast	26 Johnny Marzetti	27 Waffle and Turkey Sausages - V5	28 Hamburger & Macaroni & Cheese - V6	29 Pork Riblet	30 Potato Breaded Fish	31 Santa Fe Chicken
	1 ea grilled chicken breast	#8 whole grain penne pasta	1 ea whole grain waffle	1 ea beef hamburger patty	1 ea pork riblet	1 ea potato breaded fish	1 ea chicken breast
	2 oz bbq sauce	3 oz marinara sauce	2 ea turkey sausage links	#10 macaroni and cheese	2 oz bbq sauce	#8 scalloped potatoes	1 oz salsa
	#8 rosemary & garlic potatoes	#10 beef crumbles	1 ea hash brown potato wedge	#8 broccoli	#10 mashed potatoes	#8 succotash	1 oz monterey jack cheese
	#8 green beans	1 oz mozzarella cheese	#8 apple	1 ea apple	#8 peas	1 ea banana	#8 salsa rice
3	1 ea orange	#8 green beans	1 ea syrup	1 ea hamburger bun	#8 diced carrots		#8 fire roasted corn
	1 ea wheat bread	#8 corn			1 ea banana		
		Alternative Meal			Alternative Meal		
		Uncle Chuck's Country			Cheese Tortellini		
		Fried Steak Biscuit					
3		1 ea country fried steak			#6 cheese tortellini		
		1 ea biscuit			3 oz marinara sauce		
		#16 sausage gravy			1 oz mozzarella cheese		
		#8 cruchy potato bites			#8 diced carrots		
		#8 scrambled eggs			#8 mixed vegetables		

*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
AUGUST 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 Jul-28	28	Chicken Taco Salad	29	Chicken Pasta Salad	30	Turkey Chef Salad	31	Turkey Sandwich	01	Seafood Salad	02	Ham & Swiss Sandwich	03	Bagel & Cream Cheese
1	1/2 cup	lettuce	#6	chicken pasta salad	1/2 c	lettuce mixture	2 sl	wheat bread	#8	imitation crab meat salad	2 sl	wheat bread	1 ea	bagel
	#16	corn and bean mix	#8	mixed bean salad	#8	diced turkey	2 sl	turkey	#8	macaroni salad	2 sl	ham	1 ea	cream cheese
	#16	chicken fajita strips	#8	carrot raisin salad	0.5 oz	cheddar cheese	1 sl	american cheese	3 ea	orange wedges	1 sl	swiss cheese	#8	fiesta slaw
	#10	springtime pasta salad			1 ea	italian dressing	#10	ambrosia	1 ea	slider bun	#8	diced pears	#8	broccoli crunch salad
	1 ea	french dressing			2 pkt	salad crackers	#8	fiesta slaw	1 ea	fresh banana	#8	four bean salad	1 ea	fresh orange
	1 ea	orange			#8	pineapple tidbits								1
Cycle 2 Aug-04	04	Chicken Salad Fruit Plate	05	Chicken Chef Salad	06	Roast Beef Sandwich	07	Egg Salad Sandwich	08	Tuna Salad	09	Cottage Cheese Fruit Plate	10	Turkey & Provolone Sandwich
2	#8	chicken salad	1/2 c	lettuce	2 sl	wheat bread	1 ea	slider bun	#8	tuna salad	#8	cottage cheese	2 sl	wheat bread
	#8	fresh grapes	#10	diced chicken	2 sl	roast beef	#16	egg salad	#10	greek pasta salad	#8	vegetable bowtie pasta	2 sl	turkey
	1/2 c	baby carrots	0.5 oz	cheddar cheese	1 sl	american cheese	#8	springtime pasta salad	3 ea	orange wedges	#8	diced peaches	1 sl	provolone cheese
	2 ea	club crackers	1 ea	ranch dressing	#8	cinnamon applesauce	#8	kidney bean salad	1 ea	slider bun	1 ea	pear half	#8	cinnamon applesauce
	#8	pineapple tidbits	2 pkt	salad crackers	#10	cole slaw	1 ea	fresh banana	1 ea	apple	2 pkt	club crackers	#8	crunchy cauliflower and broccoli delight
			#8	diced peaches									1 ea	fresh banana
														2
Cycle 1 Aug-11	11	Chicken Taco Salad	12	Chicken Pasta Salad	13	Turkey Chef Salad	14	Turkey Sandwich	15	Seafood Salad	16	Ham & Swiss Sandwich	17	Bagel & Cream Cheese
1	1/2 cup	lettuce	#6	chicken pasta salad	1/2 c	lettuce mixture	2 sl	wheat bread	#8	imitation crab meat salad	2 sl	wheat bread	1 ea	bagel
	#16	corn and bean mix	#8	mixed bean salad	#8	diced turkey	2 sl	turkey	#8	macaroni salad	2 sl	ham	1 ea	cream cheese
	#16	chicken fajita strips	#8	carrot raisin salad	0.5 oz	cheddar cheese	1 sl	american cheese	3 ea	orange wedges	1 sl	swiss cheese	#8	fiesta slaw
	#10	springtime pasta salad			1 ea	italian dressing	#10	ambrosia	1 ea	slider bun	#8	diced pears	#8	broccoli crunch salad
	1 ea	french dressing			2 pkt	salad crackers	#8	fiesta slaw	1 ea	fresh banana	#8	four bean salad	1 ea	fresh orange
	1 ea	orange			#8	pineapple tidbits								1
Cycle 2 Aug-18	18	Chicken Salad Fruit Plate	19	Chicken Chef Salad	20	Roast Beef Sandwich	21	Egg Salad Sandwich	22	Tuna Salad	23	Cottage Cheese Fruit Plate	24	Turkey & Provolone Sandwich
2	#8	chicken salad	1/2 c	lettuce	2 sl	wheat bread	1 ea	slider bun	#8	tuna salad	#8	cottage cheese	2 sl	wheat bread
	#8	fresh grapes	#10	diced chicken	2 sl	roast beef	#16	egg salad	#10	greek pasta salad	#8	vegetable bowtie pasta	2 sl	turkey
	1/2 c	baby carrots	0.5 oz	cheddar cheese	1 sl	american cheese	#8	springtime pasta salad	3 ea	orange wedges	#8	diced peaches	1 sl	provolone cheese
	2 ea	club crackers	1 ea	ranch dressing	#8	cinnamon applesauce	#8	kidney bean salad	1 ea	slider bun	1 ea	pear half	#8	cinnamon applesauce
	#8	pineapple tidbits	2 pkt	salad crackers	#10	cole slaw	1 ea	fresh banana	1 ea	red delicious apple	2 pkt	club crackers	#8	crunchy cauliflower and broccoli delight
			#8	diced peaches									1 ea	fresh banana
														2
Cycle 1 Aug-25	25	Chicken Taco Salad	26	Chicken Pasta Salad	27	Turkey Chef Salad	28	Turkey Sandwich	29	Seafood Salad	30	Ham & Swiss Sandwich	31	Bagel & Cream Cheese
1	1/2 cup	lettuce	#6	chicken pasta salad	1/2 c	lettuce mixture	2 sl	wheat bread	#8	imitation crab meat salad	2 sl	wheat bread	1 ea	bagel
	#16	corn and bean mix	#8	mixed bean salad	#8	diced turkey	2 sl	turkey	#8	macaroni salad	2 sl	ham	1 ea	cream cheese
	#16	chicken fajita strips	#8	carrot raisin salad	0.5 oz	cheddar cheese	1 sl	american cheese	3 ea	orange wedges	1 sl	swiss cheese	#8	fiesta slaw
	#10	springtime pasta salad			1 ea	italian dressing	#10	ambrosia	1 ea	slider bun	#8	diced pears	#8	broccoli crunch salad
	1 ea	french dressing			2 pkt	salad crackers	#8	fiesta slaw	1 ea	fresh banana	#8	four bean salad	1 ea	fresh orange
	1 ea	orange			#8	pineapple tidbits								1

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

1

2

3

4

5

6

7

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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

VEGETARIAN MENU
AUGUST 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Jul-28	28 Cheese Tortellini or Cheese Raviloi #6 cheese tortellini or cheese raviloi 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	29 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	30 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	31 Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	01 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 Aug-04	04 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	05 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	06 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	07 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	08 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 patty
Cycle 1 Aug-11	11 Cheese Tortellini or Cheese Ravioli #6 cheese tortellini or cheese ravioli 3 oz marinara sauce 1 oz mozzarella cheese #8 peas #8 diced carrots	12 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	13 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea apple 1 ea hamburger bun	14 Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	15 Hearty Vegetable Soup #6 hearty vegetable soup #8 harvest grain medley #8 asparagus 1 ea banana
Cycle 2 Aug-18	18 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	19 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	20 Vegetarian Chili #6 three bean chili #8 diced carrots #8 green beans 1 ea cornbread mini loaf 1 ea fresh banana	21 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans 1 ea red delicious apple	22 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 patty
Cycle 1 Aug-25	25 Cheese Tortellini or Cheese Raviloi #6 cheese tortellini or cheese raviloi 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	26 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	27 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	28 Mac & Cheese #6 mac & cheese #8 green beans #8 diced apples	29 Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 mixed vegetables #8 diced carrots 1 ea fresh banana

*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

CHILLED PUREE MENU
AUGUST 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Jul-28	28	Pureed Chicken w/ Gravy	29	Pureed Pork w/ Gravy	30	Pureed Fish	31	Pureed Ham	01	Pureed Beef & Cheddar	02	Pureed Turkey w/ Gravy	03	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 Aug-04	04	Pureed Chicken w/ Gravy	05	Pureed Pork w/ Gravy	06	Pureed Fish	07	Pureed Ham	08	Pureed Beef & Cheddar	09	Pureed Turkey w/ Gravy	10	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 Aug-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 Aug-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 Aug-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	31	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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*For meal cancellations or questions regarding service call LifeCare Alliance Meals-on-Wheels at (614) 278-3152

PUREE MENU
AUGUST 2025

Approved By: Penny S. Rudy RD, LD CPFS

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 Aug-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 Aug-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 Aug-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	31	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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1699 W. Mound St. Columbus, OH 43223

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

FROZEN MENU
AUGUST 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels																												
	Monday			Tuesday			Wednesday			Thursday			Friday		Saturday		Sunday											
Cycle 2 Jul-28	28	Creamy Cheesy Chicken Bake			29	Grilled Chicken Breast			30	Chicken and Dumplings			31	Farmers Market Omelet			01	Chef's Choice			02	Country Fried Steak			03	Waffles and Turkey Sausage Links		
	1 ea	chicken breast			1 ea	grilled chicken breast			#8	diced chicken			1 ea	cheese omelet							1 ea	country fried steak			1 ea	whole grain waffle		
	2 oz	mornay sauce			#8	crunchy potato bites			#10	dumplings (spaetzle)			#10	peppers & onion							2 oz	country fried steak gravy			2 ea	turkey sausage links		
	#8	brown rice			#8	mixed vegetables			3 oz	chicken and dumpling gravy			#8	italian green beans							#10	mashed potatoes			1 ea	hashbrown potato wedge		
	#8	peas and mushrooms			1 ea	wheat bread			#8	broccoli			#8	breakfast potatoes							#8	peas and carrots			#8	diced pears		
				1 ea	orange			#10	pineapple betty			1 ea	fresh apple							#8	oregon bean medley			1 ea	syrup			
Cycle 3 Aug-04	04	BBQ Chicken Breast			05	Johnny Marzetti			06	Waffle & Turkey Sausages			07	Hamburger & Macaroni & Cheese			08	Chef's Choice			09	Potato Breaded Fish			10	Santa Fe Chicken		
	1 ea	grilled chicken breast			#8	whole grain penne pasta			1 ea	whole grain waffle			1 ea	beef hamburger							1 ea	potato breaded fish			1 ea	chicken breast		
	2 oz	bbq sauce			3 oz	marinara sauce			2 ea	turkey sausage links			#10	macaroni and cheese							#8	scalloped potatoes			1 oz	salsa		
	#8	rosemary & garlic potatoes			#10	beef crumbles			1 ea	hash brown potato wedge			#8	broccoli							#8	succotash			#8	monterey jack cheese		
	#8	green beans			1 oz	mozzarella cheese			#8	diced pears			1 ea	apple							1 ea	banana			#8	salsa rice		
	1 ea	orange			#8	green beans			1 ea	syrup			1 ea	hamburger bun											#8	fire roasted corn		
	1 ea	wheat bread			#8	corn																						
Cycle 4 Aug-11	11	Salisbury Steak			12	Cheese Stuffed Shells			13	Chicken Nuggets			14	Hearty Vetable Stew			15	Chef's Choice			16	Chicken Alfredo			17	Farmer's Market Omelet		
	1 ea	salisbury steak			2 ea	cheese stuffed shells			5 ea	chicken nuggets			#6	hearty vegetable stew							#8	linguine noodles			1 ea	cheese omelet		
	2 oz	herb beef gravy			3 oz	tomato basil sauce			#8	italian blend			#8	harvest grain medley							#10	alfredo sauce			#10	peppers and onions		
	#10	mashed potatoes			#8	peas & mushrooms			#8	yellow wax beans			#8	asparagus							#8	diced chicken			#8	broccoli		
	#8	green beans			#8	cinnamon pears			1 ea	apple			1 ea	banana							#8	broccoli			#8	breakfast potatoes		
	#8	cinnamon applesauce							1 slc	wheat bread											#8	diced carrots			1 ea	apple		
																			1 ea	banana								
Cycle 1 Aug-18	18	Meatloaf w/Gravy			19	Carrie's Homestyle Chicken & Noodles			20	Popcorn Chicken			21	Spaghetti & Meatballs			22	Chef's Choice			23	Three Bean Chili			24	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			#8	cheddar cheese			1 oz	capri blend	
	#8	diced peaches			#8	peas and carrots			1 ea	orange			#8	corn							1 ea	fresh banana			2 ea	turkey sausage links		
Cycle 2 Aug-25	25	Creamy Cheesy Bake			26	Grilled Chicken Breast			27	Chicken and Dumplings			28	Farmers Market Omelet			29	Chef's Choice			30	Country Fried Steak			31	Waffle and Turkey Sausages		
	1 ea	chicken breast			1 ea	grilled chicken breast			#8	diced chicken			1 ea	cheese omelet							1 ea	country fried steak			1 ea	whole grain waffle		
	2 oz	mornay sauce			#10	crunchy potato bites			#8	dumplings (spaetzle)			#10	peppers & onion							2 oz	country fried steak gravy			2 ea	turkey sausage links		
	#8	brown rice			#8	mixed vegetables			3 oz	chicken and dumpling gravy			#8	italian green beans							#10	mashed potatoes			1 ea	hashbrown potato wedge		
	#8	peas with mushrooms			1 ea	wheat bread			#8	broccoli			#8	breakfast potatoes							#8	peas and carrots			#8	diced pears		
				1 ea	orange			#10	pineapple betty			1 ea	fresh apple							#8	oregon bean medley			1 ea	syrup			

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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
AUGUST 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