

HOT NOON MENU
SEPTEMBER 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
4	01 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	02 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-V1 3 oz tomato basil sauce #8 peas and mushrooms #8 cinnamon pears 1 ea banana	03 Chicken Nuggets 5 ea chicken nuggets #8 italian blend vegetables #8 yellow wax beans 1 ea apple 1 slc wheat bread	04 Hearty Vegetable Stew #6 hearty vegetable stew-V2 #8 harvest grain medley #8 asparagus 1 ea applesauce cup	05 Country Fried Pork 1 ea country fried pork 2 oz pork gravy #10 mashed potatoes #8 peas Alternative Meal Cheese Lasagna -V3 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	06 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	07 Farmer's Market Omelet - V4 1 ea cheese omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
							4
1	08 Meatloaf w/ Gravy 1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	09 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	10 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy #8 popcorn chicken 1 oz cheddar cheese #8 corn 1 ea orange	11 Spaghetti & Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	12 Kielbasa w/Sauerkraut 1 ea kielbasa #20 sauerkraut #8 rosemary garlic potatoes #8 cinnamon diced pears Alternative Meal Macaroni & Cheese - V5 #6 macaroni and cheese #8 green beans #8 cinnamon diced pears	13 Three Bean Chili - V6 8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	14 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	15 Creamy Cheesy Chicken Bake 1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms	16 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	17 Chicken & Dumplings #8 diced chicken #6 dumplings (spaetzie) 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	18 Farmers Market Omelet V7 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea red delicious apple	19 Sausage Gravy & Biscuit #8 sausage gravy 1 ea biscuit #8 rosemary garlic potatoes #8 green beans Alternative Meal Cheese Ravoli - V8 #6 cheese ravoli 3 oz marinara sauce #8 peas #8 diced carrots 1 ea banana	20 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	21 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
3	22 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	23 Johnny Marzetti #8 whole grain penne pasta 3 oz marinara sauce #10 beef crumbles 1 oz mozzarella cheese #8 green beans #8 corn 1 ea banana 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 1 ea banana	24 Waffle and Turkey Sausages 1 ea whole grain waffle 2 ea turkey sausage links 1 ea hash brown potato wedge #8 diced pears 1 ea syrup	25 Hamburger & Macaroni & Cheese 1 ea beef hamburger patty #10 macaroni and cheese #8 broccoli 1 ea apple 1 ea hamburger bun	26 Pork Riblet 1 ea pork riblet 2 oz bbq sauce #10 mashed potatoes #8 peas #8 diced carrots Alternative Meal Cheese Tortellini-V9 #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	27 Potato Breaded Fish 1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	28 Santa Fe Chicken 1 ea chicken breast 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
							3
4	29 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	30 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-V10 3 oz tomato basil sauce #8 peas and mushrooms #8 cinnamon pears	01 Chicken Nuggets 5 ea chicken nuggets #8 italian blend vegetables #8 yellow wax beans 1 ea apple 1 slc wheat bread	02 Hearty Vegetable Stew #6 hearty vegetable stew-V11 #8 harvest grain medley #8 asparagus 1 ea applesauce cup	03 Country Fried Pork 1 ea country fried pork 2 oz pork gravy #10 mashed potatoes #8 peas Alternative Meal Cheese Lasagna -V12 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	04 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	05 Farmer's Market Omelet - V13 1 ea cheese omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
							4

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

*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
SEPTEMBER 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
4	01 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	02 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil #8 peas and mushrooms #8 cinnamon pears 1 ea banana	03 Spaghetti & Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	04 Hearty Vegetable Stew #6 hearty vegetable stew #8 harvest grain medley #8 asparagus 1 ea applesauce cup	05 Cheese Lasagna 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	06 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	07 Farmer's Market Omelet 1 ea Cheese Omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea applesauce cup
1	08 Meatloaf w/Gravy 1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	09 Carrie's Homestyle Chicken & Noodles #8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots	10 Popcorn Chicken #8 mashed potatoes 3 oz peppered gravy 1 oz cheddar cheese #8 diced chicken #8 corn 1 ea orange	11 Spaghetti & Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	12 Macaroni & Cheese #6 macaroni and cheese #8 green beans #8 cinnamon diced pears	13 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	14 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	15 Creamy Cheesy Chicken Bake #8 diced chicken 2 oz mornay sauce #8 brown rice #8 peas and mushrooms	16 Three Bean Chili 8 oz three bean chili 1 ea cornbread #8 carrot coins #8 green beans 1 ea fresh banana or fruit cup	17 Chicken & Dumplings #8 diced chicken #10 dumpling 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	18 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea applesauce cup	19 Cheese Ravoli #6 cheese ravoli 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots 1 ea banana	20 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	21 Spaghetti and Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn
3	22 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	23 Johnny Marzetti #8 whole grain penne pasta 3 oz marinara sauce #10 ground beef crumbles 1 oz mozzarella cheese #8 green beans #8 corn 1 ea banana	24 Cheese Ravoli and or Tortellini #6 cheese ravoli 3 oz marinara sauce 1 oz mozzarella cheese #8 peas #8 diced carrots 1 ea banana	25 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	26 Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	27 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
4	29 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	30 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil #8 peas and mushrooms #8 cinnamon pears 1 ea banana	01 Spaghetti & Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	02 Hearty Vegetable Stew #6 hearty vegetable stew #8 harvest grain medley #8 asparagus 1 ea applesauce cup	03 Cheese Lasagna 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	04 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	05 Farmer's Market Omelet 1 ea Cheese Omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea applesauce cup

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

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

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

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

VEGETARIAN MENU
SEPTEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 2 Sep-01	01 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	02 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	03 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread 1 ea fresh banana	04 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans #8 breakfast potatoes 1 ea fresh apple	05 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 Sep-08	08 Cheese Tortellini or Cheese Ravioli #6 cheese tortellini or cheese ravioli 3 oz marinara sauce 1 oz mozzarella cheese #8 peas #8 diced carrots	09 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	10 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea apple 1 ea hamburger bun	11 Mac & Cheese #6 mac & cheese #8 green beans #8 diced cinnamon pears	12 Hearty Vegetable Soup #6 hearty vegetable soup #8 harvest grain medley #8 asparagus 1 ea banana
Cycle 2 Sep-15	15 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	16 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	17 Vegetarian Chili #6 three bean chili #8 diced carrots #8 green beans 1 ea cornbread 1 ea fresh banana	18 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans 1 ea fresh apple	19 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 Sep-22	22 Cheese Tortellini or Cheese Ravioli #6 cheese tortellini or cheese ravioli 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	23 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	24 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	25 Mac & Cheese #6 mac & cheese #8 green beans #8 diced cinnamon pears	26 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 Sep-29	29 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	30 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	01 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread 1 ea fresh banana	02 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans #8 breakfast potatoes 1 ea fresh apple	03 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

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CHILLED PUREE MENU
SEPTEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

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

*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

PUREE MENU
SEPTEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Sep-01	01	Pureed Pork w/ Gravy	02	Pureed Beef w/ Gravy	03	Pureed Ham	04	Pureed Beef & Cheddar	05	Pureed Turkey w/ Gravy	06	Pureed Fish	07	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 Sep-08	08	Pureed Pork w/ Gravy	09	Pureed Beef w/ Gravy	10	Pureed Ham	11	Pureed Beef & Cheddar	12	Pureed Turkey w/ Gravy	13	Pureed Fish	14	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 Sep-15	15	Pureed Pork w/ Gravy	16	Pureed Beef w/ Gravy	17	Pureed Ham	18	Pureed Beef & Cheddar	19	Pureed Turkey w/ Gravy	20	Pureed Fish	21	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 Sep-22	22	Pureed Pork w/ Gravy	23	Pureed Beef w/ Gravy	24	Pureed Ham	25	Pureed Beef & Cheddar	26	Pureed Turkey w/ Gravy	27	Pureed Fish	28	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 Sep-29	29	Pureed Pork w/ Gravy	30	Pureed Beef w/ Gravy	01	Pureed Ham	02	Pureed Beef & Cheddar	03	Pureed Turkey w/ Gravy	04	Pureed Fish	05	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
SEPTEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels														
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 3 Sep-01	01	BBQ Chicken Breast	02	Johnny Marzetti	03	Waffle & Turkey Sausages	04	Hamburger & Macaroni & Cheese	05	Chef's Choice	06	Potato Breaded Fish	07	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	1 oz	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										
			1 ea	fresh banana										
Cycle 4 Sep-08	08	Salisbury Steak	09	Cheese Stuffed Shells	10	Chicken Nuggets	11	Hearty Vetable Stew	12	Chef's Choice	13	Chicken Alfredo	14	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	applesauce cup			#8	broccoli	#8	breakfast potatoes
	#8	cinnamon applesauce	1 ea	banana	1 slc	wheat bread					#8	diced carrots	1 ea	apple
										1 ea	banana			
Cycle 1 Sep-15	15	Meatloaf w/Gravy	16	Carrie's Homestyle Chicken & Noodles	17	Popcorn Chicken	18	Spaghetti & Meatballs	19	Chef's Choice	20	Three Bean Chili	21	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
	#8	diced peaches	#8	peas and carrots	1 ea	orange	#8	corn			1 ea	fresh banana	#8	capri blend
												2 ea	turkey sausage links	
Cycle 2 Sep-22	22	Creamy Cheesy Bake	23	Grilled Chicken Breast	24	Chicken and Dumplings	25	Farmers Market Omelet	26	Chef's Choice	27	Country Fried Steak	28	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	#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 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
Cycle 3 Sep-29	29	BBQ Chicken Breast	30	Johnny Marzetti	01	Waffle & Turkey Sausages	02	Hamburger & Macaroni & Cheese	03	Chef's Choice	04	Potato Breaded Fish	05	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	1 oz	monterey jack cheese
	#8	green beans	1 oz	mozzarella cheese	1 ea	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										
			1 ea	banana										

*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
SEPTEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

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