

# Designer Series Meals

Take control of your plate and your health with Designer Series meal plans from LifeCare Alliance. Whether you crave bold, personalized flavors or need medically tailored meals designed for diabetes, heart health, or recovery, we've got you covered. Every plan is built around you - your taste, your goals, your lifestyle. Need a hand choosing the right fit? Our expert Registered Dietitians and nutrition specialists are just a call away, ready to help you thrive. Please call **614-278-3152** or email **[nutritionops@lifecarealliance.org](mailto:nutritionops@lifecarealliance.org)** to make changes to your selections.

## BREAKFAST

### Waffle & Sausage

Waffle, veggie sausage patties, potato wedges, diced pears

### Cheese Omelet

Cheese omelet, peppers and onions, breakfast potatoes, broccoli

### Uncle Chuck's Country Fried Biscuit

Country fried steak, biscuit, sausage gravy, redskin potatoes, scrambles eggs

### Pork Sausage Breakfast Bowl

Scrambled eggs, potatoes, sausage crumbles, spinach, peppers and onions

### Sausage & Egg Sandwich

Sausage and egg sandwich, breakfast potatoes, diced pears

### Biscuits & Sausage Gravy

Biscuits and gravy, tri-color potato medley, green beans

### Breakfast Skillet

Sausage and potato skillet, fried egg patty, cheddar cheese, cheddar grits, cinnamon applesauce

### Plain Pancakes

Pancakes, scrambled eggs, turkey sausage links

### Blueberry Pancakes

Pancakes, blueberry compote, scrambled eggs, turkey sausage links

### French Toast Sticks

French toast sticks, blueberry compote, turkey sausage links, redskin potatoes

### Smothered Omelet

Sausage gravy over cheese omelet, breakfast potatoes, broccoli

## VEGETARIAN CHOICES

### Cheese Tortellini with Marinara Sauce

Mozzarella cheese, mixed vegetables and diced carrots

### Cornbread & Chili

Vegetarian chili over cornbread, green beans, carrot coins

### Cheese Stuffed shells

Cheese stuffed shells, peas and mushrooms, mandarin oranges

### Macaroni & Cheese

Macaroni and cheese, green beans, diced apples

### Cheddar Pierogis

Cheddar pierogis with caramelized onions, carrot coins, peas

## PORK CHOICES

### Kielbasa with Peppers

Kielbasa with peppers, corn, baked beans

### BBQ Pork Riblet

Pork riblet with BBQ sauce, mashed potatoes, peas and carrot coins

### Country-Fried Pork

Country-fried pork, carrot coins, fiesta black beans

### Kielbasa with Sauerkraut

Kielbasa with sauerkraut, rosemary and garlic potatoes, cinnamon apples

## SEAFOOD

### Potato-Breaded Pollock

Potato-breaded Pollock, green beans, tri-color potatoes

### Fish Marinara

Crunchy fish wedge, marinara and cheese, bean medley, cinnamon apples

## BEEF CHOICE

### Meatloaf with Gravy

Meatloaf, mashed potatoes & herb gravy, diced carrots, diced peaches

### Salisbury Steak with Gravy

Salisbury steak, mashed potatoes and gravy, corn, cinnamon applesauce

### Hamburger

Hamburger, macaroni and cheese, broccoli

### Beef Stew

Beef Stew over biscuit, broccoli, maple roasted sweet potatoes

### Country Fried Steak

Country fried steak and gravy, mashed potatoes, peas and carrots, bean medley

### Burger Parmesan

Burger over penne with marinara and mozzarella, carrot coins, green beans

## CHICKEN CHOICES

- Chicken Cordon Bleu  
*Breaded chicken with sliced ham and cheese sauce, carrot, brussel sprouts*
- Chicken Alfredo  
*Linguine noodles, diced chicken, alfredo sauce, broccoli and diced carrots*
- Carrie's Chicken & Noodles  
*Noodles, diced chicken, peas and carrots, mashed potatoes*
- Grilled Chicken Breast  
*Grilled chicken, carrot coins, scalloped potatoes*
- Santa Fe Chicken  
*Grilled chicken with salsa, rice, monterey jack cheese, roasted corn*
- Chicken & Broccoli Cheese Casserole  
*Chicken, noodles, broccoli, cheese sauce, peach betty, peas*
- Chicken Nuggets  
*Chicken nuggets, green beans, carrot coins*
- Chicken Pasta Parmesan  
*Chicken pasta primavera, carrot coins, green beans*
- Popcorn Chicken Bowl  
*Boneless chicken over mashed potatoes, peppered gravy, cheese, corn*
- Chicken Mornay  
*Chicken mornay, rice, peas and mushrooms*
- Chicken Tikka  
*Masala Diced chicken on rice with masala sauce, green beans, pineapple tidbits*
- Sweet & Sour Chicken  
*Sweet 'n sour chicken, rice, vegetables, brussel sprouts*
- Chicken & Dumplings  
*Chicken and dumplings, broccoli, pineapple betty*
- BBQ Chicken  
*BBQ grilled chicken, rosemary and garlic potatoes, green beans*
- Spaghetti & Turkey Meatballs  
*Spaghetti, turkey meatballs, brussel sprouts, carrot coins*

## BREADS

- Cornbread
- Dinner Rolls
- Wheat Bread
- Hamburger Bun
- Hot Dog Bun
- English Muffin
- Loaf of Bread (Bi-weekly)
- Pack of English Muffins (Bi-weekly)

## BEVERAGES

- 2% Milk
- Skim Milk
- Chocolate Milk
- Orange Juice
- Apple Juice
- Grape Juice

## FRUIT

- Natural Applesauce
- Strawberry Applesauce
- Pineapple Tidbits
- Fresh Orange
- Fresh Apple

## SNACKS

- Cinnamon Graham Crackers
- Cheese Crackers with Peanut Butter
- Cheddar Cheese Crackers
- Peanut Butter Sandwich
- Animal Cracker Cookies
- Shortbread Cookies
- Oatmeal Cookies with Cream
- Lorna Doone Cookies
- Peanut Butter Nutter Cookies
- Chips Ahoy Choc Chip Cookies
- Oreo Mini Pack
- Fig Newtons
- Strawberry Cereal Snack Bar
- Chocolate Chip Chewy Granola Bar
- Cinnamon Toaster Cereal
- Chocolate Pudding
- Sugar Free Chocolate Pudding
- Vanilla Pudding
- Sugar Free Vanilla Pudding
- Butterscotch Pudding
- Blueberry Muffin
- Potato Chips
- Sour Cream & Onion Potato Chips
- Cool Ranch Doritos
- Nacho Cheese Doritos
- Cheddar Cheese Popcorn
- Mozzarella String Cheese
- Mixed Fruit Cup
- Pear Cup
- Peach Cub
- Pineapple Tidbits