

HOT NOON MENU
OCTOBER 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	29 Salisbury Steak	30 Bratwurst w/Peppers & Onions #8 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	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-V2 #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 -V3 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 - V4 1 ea cheese omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
							4
1	06 Meatloaf w/ Gravy 1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	07 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	08 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy #8 popcorn chicken 1 oz cheddar cheese #8 corn 1 ea orange	09 Spaghetti & Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	10 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	11 Three Bean Chili - V6 8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	12 Beef Stroganoff #8 rotini pasta #10 ground beef crumbles #6 stroganoff sauce #8 peas and carrots #8 diced pears
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2	13 Creamy Cheesy Chicken Bake 1 ea chicken breast 2 oz mornay sauce #8 brown rice #8 peas with mushrooms	14 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	15 Chicken & Dumplings #8 diced chicken #6 dumplings (spaetzie) 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	16 Farmers Market Omelet V7 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea red delicious apple	17 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	18 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	19 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	20 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	21 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	22 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	23 Hamburger & Macaroni & Cheese 1 ea beef hamburger patty #10 macaroni and cheese #8 broccoli 1 ea apple 1 ea hamburger bun	24 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	25 Potato Breaded Fish 1 ea potato breaded fish #8 scalloped potatoes #8 succotash 1 ea banana	26 Santa Fe Chicken 1 ea chicken breast 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
							3
4	27 Salisbury Steak 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	28 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	29 Chicken Nuggets 5 ea chicken nuggets #8 italian blend vegetables #8 yellow wax beans 1 ea apple 1 slc wheat bread	30 Hearty Vegetable Stew #6 hearty vegetable stew-V11 #8 harvest grain medley #8 asparagus 1 ea applesauce cup	31 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	01 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	02 Farmer's Market Omelet - V13 1 ea cheese omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
							4

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*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
OCTOBER 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-29	29 Chicken Salad Fruit Plate #8 chicken salad #8 fresh grapes 1/2 c baby carrots 2 ea club crackers #8 pineapple tidbits	30 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	01 Roast Beef Sandwich 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 cole slaw	02 Egg Salad Sandwich 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	03 Tuna Salad #8 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea apple	04 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	05 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 Oct-06	06 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	07 Chicken Pasta Salad #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	08 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	09 Turkey Sandwich 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	10 Seafood Salad #8 imitation crab meat salad #8 macaroni salad 3 ea orange wedges 1 ea slider bun	11 Ham & Swiss Sandwich 2 sl wheat bread 2 sl ham 1 sl swiss cheese #8 diced pears #8 four bean salad	12 Bagel & Cream Cheese 1 ea bagel 1 ea cream cheese #8 fiesta slaw #8 broccoli crunch salad 1 ea fresh orange
Cycle 2 Oct-13	13 Chicken Salad Fruit Plate #8 chicken salad #8 fresh grapes 1/2 c baby carrots 2 ea club crackers #8 pineapple tidbits	14 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	15 Roast Beef Sandwich 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 cole slaw	16 Egg Salad Sandwich 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	17 Tuna Salad #8 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea red delicious apple	18 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	19 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 Oct-20	20 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	21 Chicken Pasta Salad #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	22 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	23 Turkey Sandwich 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	24 Seafood Salad #8 imitation crab meat salad #8 macaroni salad 3 ea orange wedges 1 ea slider bun	25 Ham & Swiss Sandwich 2 sl wheat bread 2 sl ham 1 sl swiss cheese #8 diced pears #8 four bean salad	26 Bagel & Cream Cheese 1 ea bagel 1 ea cream cheese #8 fiesta slaw #8 broccoli crunch salad 1 ea fresh orange
Cycle 2 Oct-27	27 Chicken Salad Fruit Plate #8 chicken salad #8 fresh grapes 1/2 c baby carrots 2 ea club crackers #8 pineapple tidbits	28 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	29 Roast Beef Sandwich 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 cole slaw	30 Egg Salad Sandwich 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	31 Tuna Salad #8 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea apple	01 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	02 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
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