

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                                                                                                                                                                     |
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|   | Monday                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                             | Thursday                                                                                                                                                | Friday                                                                                                                                                                                                                                                                         | Saturday                                                                                                                                                    | Sunday                                                                                                                                                                |
| 4 | 29 Salisbury Steak                                                                                                                                           | 30 Bratwurst w/Peppers<br>& Onions<br>#8 bratwurst<br>1 ea hot dog bun<br>#10 peppers and onions<br>#8 baby bakers<br>#8 baked beans<br><br>Alternative Meal<br>2 ea cheese stuffed shells-V1<br>3 oz tomato basil sauce<br>#8 peas and mushrooms<br>#8 cinnamon pears<br>1 ea banana                                                                                     | 01 Chicken Nuggets<br>5 ea chicken nuggets<br>#8 italian blend vegetables<br>#8 yellow wax beans<br>1 ea apple<br>1 slc wheat bread                   | 02 Hearty Vegetable Stew<br>#6 hearty vegetable stew-V2<br>#8 harvest grain medley<br>#8 asparagus<br>1 ea applesauce cup                               | 03 Country Fried Pork<br>1 ea country fried pork<br>2 oz pork gravy<br>#10 mashed potatoes<br>#8 peas<br><br>Alternative Meal<br>Cheese Lasagna -V3<br>1 ea cheese lasagna roll<br>3 oz marinara sauce<br>#8 peas<br>#8 corn                                                   | 04 Chicken Alfredo<br>#8 linguine noodles<br>#10 alfredo sauce<br>#8 diced chicken<br>#8 broccoli<br>#8 diced carrots<br>1 ea banana                        | 05 Farmer's Market Omelet - V4<br>1 ea cheese omelet<br>#10 peppers and onions<br>#8 broccoli<br>#8 breakfast potatoes<br>1 ea apple                                  |
|   |                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                       |                                                                                                                                                         |                                                                                                                                                                                                                                                                                |                                                                                                                                                             | 4                                                                                                                                                                     |
| 1 | 06 Meatloaf w/ Gravy<br>1 ea meatloaf slice<br>2 oz herb beef gravy<br>#10 mashed potatoes<br>#8 diced carrots<br>#8 diced peaches                           | 07 Carrie's Home-style Chicken<br>& Noodles<br>#8 egg noodles<br>#10 diced chicken<br>#6 chicken base<br>#8 mashed potatoes<br>#8 peas and carrots<br><br>Alternative Meal<br>Fish Marinara<br>1 ea breaded fish square<br>3 oz marinara sauce<br>1 oz mozzarella cheese<br>#8 oregon bean medley<br>#8 cinnamon apples                                                   | 08 Popcorn Chicken Bowl<br>#8 mashed potatoes<br>3 oz peppered gravy<br>#8 popcorn chicken<br>1 oz cheddar cheese<br>#8 corn<br>1 ea orange           | 09 Spaghetti & Meatballs<br>#8 linguine noodles<br>5 ea turkey meatballs<br>3 oz marinara sauce<br>#8 diced carrots<br>#8 corn                          | 10 Kielbasa w/Sauerkraut<br>1 ea kielbasa<br>#20 sauerkraut<br>#8 rosemary garlic potatoes<br>#8 cinnamon diced pears<br><br>Alternative Meal<br>Macaroni & Cheese - V5<br>#6 macaroni and cheese<br>#8 green beans<br>#8 cinnamon diced pears                                 | 11 Three Bean Chili - V6<br>8 oz three bean chili<br>1 ea cornbread<br>#8 diced carrots<br>#8 green beans<br>1 ea fresh banana                              | 12 Beef Stroganoff<br>#8 rotini pasta<br>#10 ground beef crumbles<br>#6 stroganoff sauce<br>#8 peas and carrots<br>#8 diced pears                                     |
|   |                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                       |                                                                                                                                                         |                                                                                                                                                                                                                                                                                |                                                                                                                                                             | 1                                                                                                                                                                     |
| 2 | 13 Creamy Cheesy Chicken Bake<br>1 ea chicken breast<br>2 oz mornay sauce<br>#8 brown rice<br>#8 peas with mushrooms                                         | 14 Grilled Chicken Breast<br>1 ea grilled chicken breast<br>#8 cruchy potato bites<br>#8 mixed vegetables<br>1 ea wheat bread<br>1 ea orange<br><br>Alternative Meal<br>Chicken Fritter Sandwich<br>1 ea chicken fritter patty<br>#8 baked beans<br>#8 cinnamon pears<br>1 ea hamburger bun                                                                               | 15 Chicken & Dumplings<br>#8 diced chicken<br>#6 dumplings (spaetzie)<br>3 oz chicken and dumpling gravy<br>#8 broccoli<br>#10 pineapple betty        | 16 Farmers Market Omelet V7<br>1 ea cheese omelet<br>#10 peppers & onion<br>#8 italian green beans<br>#8 breakfast potatoes<br>1 ea red delicious apple | 17 Sausage Gravy & Biscuit<br>#8 sausage gravy<br>1 ea biscuit<br>#8 rosemary garlic potatoes<br>#8 green beans<br><br>Alternative Meal<br>Cheese Ravoli - V8<br>#6 cheese ravoli<br>3 oz marinara sauce<br>#8 peas<br>#8 diced carrots<br>1 ea banana                         | 18 Country Fried Steak<br>1 ea country fried steak<br>2 oz country fried steak gravy<br>#10 mashed potatoes<br>#8 peas and carrots<br>#8 oregon bean medley | 19 Breakfast Skillet<br>#8 breakfast potatoes<br>#16 peppers and onions<br>1 ea fried egg patty<br>1 oz cheddar cheese<br>#8 capri blend<br>2 ea turkey sausage links |
|   |                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                       |                                                                                                                                                         |                                                                                                                                                                                                                                                                                |                                                                                                                                                             | 2                                                                                                                                                                     |
| 3 | 20 BBQ Chicken Breast<br>1 ea grilled chicken breast<br>2 oz bbq sauce<br>#8 rosemary & garlic potatoes<br>#8 green beans<br>1 ea orange<br>1 ea wheat bread | 21 Johnny Marzetti<br>#8 whole grain penne pasta<br>3 oz marinara sauce<br>#10 beef crumbles<br>1 oz mozzarella cheese<br>#8 green beans<br>#8 corn<br>1 ea banana<br><br>Alternative Meal<br>Uncle Chuck's Country<br>Fried Steak Biscuit<br>1 ea country fried steak<br>1 ea biscuit<br>#16 sausage gravy<br>#8 cruchy potato bites<br>#8 scrambled eggs<br>1 ea banana | 22 Waffle and Turkey Sausages<br>1 ea whole grain waffle<br>2 ea turkey sausage links<br>1 ea hash brown potato wedge<br>#8 diced pears<br>1 ea syrup | 23 Hamburger & Macaroni & Cheese<br>1 ea beef hamburger patty<br>#10 macaroni and cheese<br>#8 broccoli<br>1 ea apple<br>1 ea hamburger bun             | 24 Pork Riblet<br>1 ea pork riblet<br>2 oz bbq sauce<br>#10 mashed potatoes<br>#8 peas<br>#8 diced carrots<br><br>Alternative Meal<br>Cheese Tortellini-V9<br>#6 cheese tortellini<br>3 oz marinara sauce<br>1 oz mozzarella cheese<br>#8 diced carrots<br>#8 mixed vegetables | 25 Potato Breaded Fish<br>1 ea potato breaded fish<br>#8 scalloped potatoes<br>#8 succotash<br>1 ea banana                                                  | 26 Santa Fe Chicken<br>1 ea chicken breast<br>1 oz salsa<br>1 oz monterey jack cheese<br>#8 salsa rice<br>#8 fire roasted corn                                        |
|   |                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                       |                                                                                                                                                         |                                                                                                                                                                                                                                                                                |                                                                                                                                                             | 3                                                                                                                                                                     |
| 4 | 27 Salisbury Steak                                                                                                                                           | 28 Bratwurst w/Peppers<br>& Onions<br>1 ea bratwurst<br>1 ea hot dog bun<br>#10 peppers and onions<br>#8 baby bakers<br>#8 baked beans<br><br>Alternative Meal<br>2 ea cheese stuffed shells-V10<br>3 oz tomato basil sauce<br>#8 peas and mushrooms<br>#8 cinnamon pears                                                                                                 | 29 Chicken Nuggets<br>5 ea chicken nuggets<br>#8 italian blend vegetables<br>#8 yellow wax beans<br>1 ea apple<br>1 slc wheat bread                   | 30 Hearty Vegetable Stew<br>#6 hearty vegetable stew-V11<br>#8 harvest grain medley<br>#8 asparagus<br>1 ea applesauce cup                              | 31 Country Fried Pork<br>1 ea country fried pork<br>2 oz pork gravy<br>#10 mashed potatoes<br>#8 peas<br><br>Alternative Meal<br>Cheese Lasagna -V12<br>1 ea cheese lasagna roll<br>3 oz marinara sauce<br>#8 peas<br>#8 corn                                                  | 01 Chicken Alfredo<br>#8 linguine noodles<br>#10 alfredo sauce<br>#8 diced chicken<br>#8 broccoli<br>#8 diced carrots<br>1 ea banana                        | 02 Farmer's Market Omelet - V13<br>1 ea cheese omelet<br>#10 peppers and onions<br>#8 broccoli<br>#8 breakfast potatoes<br>1 ea apple                                 |
|   |                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                       |                                                                                                                                                         |                                                                                                                                                                                                                                                                                |                                                                                                                                                             | 4                                                                                                                                                                     |

\*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

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<br>Sep-29 | 29<br>Chicken Salad Fruit Plate<br>#8 chicken salad<br>#8 fresh grapes<br>1/2 c baby carrots<br>2 ea club crackers<br>#8 pineapple tidbits                             | 30<br>Chicken Chef Salad<br>1/2 c lettuce<br>#10 diced chicken<br>0.5 oz cheddar cheese<br>1 ea ranch dressing<br>2 pkt salad crackers<br>#8 diced peaches | 01<br>Roast Beef Sandwich<br>2 sl wheat bread<br>2 sl roast beef<br>1 sl american cheese<br>#8 cinnamon applesauce<br>#10 cole slaw                                   | 02<br>Egg Salad Sandwich<br>1 ea slider bun<br>#16 egg salad<br>#8 springtime pasta salad<br>#8 kidney bean salad<br>1 ea fresh banana | 03<br>Tuna Salad<br>#8 tuna salad<br>#10 greek pasta salad<br>3 ea orange wedges<br>1 ea slider bun<br>1 ea apple               | 04<br>Cottage Cheese Fruit Plate<br>#8 cottage cheese<br>#8 vegetable bowtie pasta<br>#8 diced peaches<br>1 ea pear half<br>2 pkt club crackers<br>1 ea fresh banana | 05<br>Turkey & Provolone Sandwich<br>2 sl wheat bread<br>2 sl turkey<br>1 sl provolone cheese<br>#8 cinnamon applesauce<br>#8 crunchy cauliflower and broccoli delight |
| Cycle 1<br>Oct-06 | 06<br>Chicken Taco Salad<br>1/2 cup lettuce<br>#16 corn and bean mix<br>#16 chicken fajita strips<br>#10 springtime pasta salad<br>1 ea french dressing<br>1 ea orange | 07<br>Chicken Pasta Salad<br>#6 chicken pasta salad<br>#8 mixed bean salad<br>#8 carrot raisin salad                                                       | 08<br>Turkey Chef Salad<br>1/2 c lettuce mixture<br>#8 diced turkey<br>0.5 oz cheddar cheese<br>1 ea italian dressing<br>2 pkt salad crackers<br>#8 pineapple tidbits | 09<br>Turkey Sandwich<br>2 sl wheat bread<br>2 sl turkey<br>1 sl american cheese<br>#10 ambrosia<br>#8 fiesta slaw                     | 10<br>Seafood Salad<br>#8 imitation crab meat salad<br>#8 macaroni salad<br>3 ea orange wedges<br>1 ea slider bun               | 11<br>Ham & Swiss Sandwich<br>2 sl wheat bread<br>2 sl ham<br>1 sl swiss cheese<br>#8 diced pears<br>#8 four bean salad                                              | 12<br>Bagel & Cream Cheese<br>1 ea bagel<br>1 ea cream cheese<br>#8 fiesta slaw<br>#8 broccoli crunch salad<br>1 ea fresh orange                                       |
| Cycle 2<br>Oct-13 | 13<br>Chicken Salad Fruit Plate<br>#8 chicken salad<br>#8 fresh grapes<br>1/2 c baby carrots<br>2 ea club crackers<br>#8 pineapple tidbits                             | 14<br>Chicken Chef Salad<br>1/2 c lettuce<br>#10 diced chicken<br>0.5 oz cheddar cheese<br>1 ea ranch dressing<br>2 pkt salad crackers<br>#8 diced peaches | 15<br>Roast Beef Sandwich<br>2 sl wheat bread<br>2 sl roast beef<br>1 sl american cheese<br>#8 cinnamon applesauce<br>#10 cole slaw                                   | 16<br>Egg Salad Sandwich<br>1 ea slider bun<br>#16 egg salad<br>#8 springtime pasta salad<br>#8 kidney bean salad<br>1 ea fresh banana | 17<br>Tuna Salad<br>#8 tuna salad<br>#10 greek pasta salad<br>3 ea orange wedges<br>1 ea slider bun<br>1 ea red delicious apple | 18<br>Cottage Cheese Fruit Plate<br>#8 cottage cheese<br>#8 vegetable bowtie pasta<br>#8 diced peaches<br>1 ea pear half<br>2 pkt club crackers<br>1 ea fresh banana | 19<br>Turkey & Provolone Sandwich<br>2 sl wheat bread<br>2 sl turkey<br>1 sl provolone cheese<br>#8 cinnamon applesauce<br>#8 crunchy cauliflower and broccoli delight |
| Cycle 1<br>Oct-20 | 20<br>Chicken Taco Salad<br>1/2 cup lettuce<br>#16 corn and bean mix<br>#16 chicken fajita strips<br>#10 springtime pasta salad<br>1 ea french dressing<br>1 ea orange | 21<br>Chicken Pasta Salad<br>#6 chicken pasta salad<br>#8 mixed bean salad<br>#8 carrot raisin salad                                                       | 22<br>Turkey Chef Salad<br>1/2 c lettuce mixture<br>#8 diced turkey<br>0.5 oz cheddar cheese<br>1 ea italian dressing<br>2 pkt salad crackers<br>#8 pineapple tidbits | 23<br>Turkey Sandwich<br>2 sl wheat bread<br>2 sl turkey<br>1 sl american cheese<br>#10 ambrosia<br>#8 fiesta slaw                     | 24<br>Seafood Salad<br>#8 imitation crab meat salad<br>#8 macaroni salad<br>3 ea orange wedges<br>1 ea slider bun               | 25<br>Ham & Swiss Sandwich<br>2 sl wheat bread<br>2 sl ham<br>1 sl swiss cheese<br>#8 diced pears<br>#8 four bean salad                                              | 26<br>Bagel & Cream Cheese<br>1 ea bagel<br>1 ea cream cheese<br>#8 fiesta slaw<br>#8 broccoli crunch salad<br>1 ea fresh orange                                       |
| Cycle 2<br>Oct-27 | 27<br>Chicken Salad Fruit Plate<br>#8 chicken salad<br>#8 fresh grapes<br>1/2 c baby carrots<br>2 ea club crackers<br>#8 pineapple tidbits                             | 28<br>Chicken Chef Salad<br>1/2 c lettuce<br>#10 diced chicken<br>0.5 oz cheddar cheese<br>1 ea ranch dressing<br>2 pkt salad crackers<br>#8 diced peaches | 29<br>Roast Beef Sandwich<br>2 sl wheat bread<br>2 sl roast beef<br>1 sl american cheese<br>#8 cinnamon applesauce<br>#10 cole slaw                                   | 30<br>Egg Salad Sandwich<br>1 ea slider bun<br>#16 egg salad<br>#8 springtime pasta salad<br>#8 kidney bean salad<br>1 ea fresh banana | 31<br>Tuna Salad<br>#8 tuna salad<br>#10 greek pasta salad<br>3 ea orange wedges<br>1 ea slider bun<br>1 ea apple               | 01<br>Cottage Cheese Fruit Plate<br>#8 cottage cheese<br>#8 vegetable bowtie pasta<br>#8 diced peaches<br>1 ea pear half<br>2 pkt club crackers<br>1 ea fresh banana | 02<br>Turkey & Provolone Sandwich<br>2 sl wheat bread<br>2 sl turkey<br>1 sl provolone cheese<br>#8 cinnamon applesauce<br>#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  
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 Cheese Stuffed Shells                | 01 Spaghetti & Meatballs            | 02 Hearty Vegetable Stew | 03 Cheese Lasagna        | 04 Chicken Alfredo             | 05 Farmer's Market Omelet |
|                                   | 1 ea salisbury steak          | 2 ea cheese stuffed shells              | #8 linguine noodles                 | #6 hearty vegetable stew | 1 ea cheese lasagna roll | #8 linguine noodles            | 1 ea Cheese Omelet        |
|                                   | 2 oz herb beef gravy          | 3 oz tomato basil                       | 5 ea turkey meatballs               | #8 harvest grain medley  | 3 oz marinara sauce      | #10 alfredo sauce              | #10 peppers and onions    |
|                                   | #10 mashed potatoes           | #8 peas and mushrooms                   | 3 oz marinara sauce                 | #8 asparagus             | #8 peas                  | #8 diced chicken               | #8 broccoli               |
| 1                                 | #8 green beans                | #8 cinnamon pears                       | #8 diced carrots                    | 1 ea applesauce cup      | #8 corn                  | #8 broccoli                    | #8 breakfast potatoes     |
|                                   | #8 cinnamon applesauce        | 1 ea banana                             | #8 corn                             |                          |                          | #8 diced carrots               | 1 ea applesauce cup       |
|                                   |                               |                                         |                                     |                          |                          | 1 ea banana                    |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
| 2                                 | 06 Meatloaf w/Gravy           | 07 Carrie's Homestyle Chicken & Noodles | 08 Popcorn Chicken                  | 09 Spaghetti & Meatballs | 10 Macaroni & Cheese     | 11 Three Bean Chili            | 12 Breakfast Skillet      |
|                                   | 1 ea meatloaf slice           | #8 egg noodles                          | #8 mashed potatoes                  | #8 linguine noodles      | #6 macaroni and cheese   | 8 oz three bean chili          | #8 breakfast potatoes     |
|                                   | 2 oz herb beef gravy          | #10 diced chicken                       | 3 oz peppered gravy                 | 5 ea turkey meatballs    | #8 green beans           | 1 ea cornbread                 | #16 peppers and onions    |
|                                   | #10 mashed potatoes           | #6 chicken base                         | 1 oz cheddar cheese                 | 3 oz marinara sauce      | #8 cinnamon diced pears  | #8 diced carrots               | 1 ea fried egg patty      |
| 3                                 | #8 diced carrots              | #8 mashed potatoes                      | #8 corn                             | #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 |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
| 4                                 | 13 Creamy Cheesy Chicken Bake | 14 Three Bean Chili                     | 15 Chicken & Dumplings              | 16 Farmers Market Omelet | 17 Cheese Ravioli        | 18 Country Fried Steak         | 19 Beef Stroganoff        |
|                                   | #8 diced chicken              | 8 oz three bean chili                   | #8 diced chicken                    | 1 ea cheese omelet       | #6 cheese ravioli        | 1 ea country fried steak       | #8 rotini pasta           |
|                                   | 2 oz mornay sauce             | 1 ea cornbread                          | #10 dumpling                        | #10 peppers & onion      | 3 oz marinara sauce      | 2 oz country fried steak gravy | #10 ground beef crumbles  |
|                                   | #8 brown rice                 | #8 carrot coins                         | 3 oz chicken and dumpling gravy     | #8 italian green beans   | 1 oz mozzarella cheese   | #10 mashed potatoes            | #6 stroganoff sauce       |
| 1                                 | #8 peas and mushrooms         | #8 green beans                          | #8 broccoli                         | #8 breakfast potatoes    | #8 diced carrots         | #8 peas and carrots            | #8 peas and carrots       |
|                                   |                               | 1 ea fresh banana or fruit cup          | #10 pineapple betty                 | 1 ea applesauce cup      | 1 ea banana              | #8 oregon bean medley          | #8 diced pears            |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
| 2                                 | 20 BBQ Chicken Breast         | 21 Johnny Marzetti                      | 22 Cheese Ravioli and or Tortellini | 23 Salisbury Steak       | 24 Cheese Tortellini     | 25 Potato Breaded Fish         | 31 Santa Fe Chicken       |
|                                   | #6 diced chicken              | #8 whole grain penne pasta              | #6 cheese ravioli                   | 1 ea salisbury steak     | #6 cheese tortellini     | 1 ea potato breaded fish       | #8 diced chicken          |
|                                   | 2 oz bbq sauce                | 3 oz marinara sauce                     | 3 oz marinara sauce                 | 2 oz herb beef gravy     | 3 oz marinara sauce      | #8 scalloped potatoes          | 1 oz salsa                |
|                                   | #8 rosemary & garlic potatoes | #10 ground beef crumbles                | 1 oz mozzarella cheese              | #10 mashed potatoes      | 1 oz mozzarella cheese   | #8 succotash                   | 1 oz monterey jack cheese |
| 3                                 | #8 green beans                | 1 oz mozzarella cheese                  | #8 peas                             | #8 corn                  | #8 diced carrots         | 1 ea banana                    | #8 salsa rice             |
|                                   | 1 ea applesauce cup           | #8 green beans                          | #8 diced carrots                    | #8 cinnamon applesauce   | #8 mixed vegetables      |                                | #8 fire roasted corn      |
|                                   | 1 ea wheat bread              | #8 corn                                 | 1 ea banana                         |                          |                          |                                |                           |
|                                   |                               | 1 ea banana                             |                                     |                          |                          |                                |                           |
| 4                                 | 27 Salisbury Steak            | 28 Cheese Stuffed Shells                | 29 Spaghetti & Meatballs            | 30 Hearty Vegetable Stew | 31 Cheese Lasagna        | 01 Chicken Alfredo             | 02 Farmer's Market Omelet |
|                                   | 1 ea salisbury steak          | 2 ea cheese stuffed shells              | #8 linguine noodles                 | #6 hearty vegetable stew | 1 ea cheese lasagna roll | #8 linguine noodles            | 1 ea Cheese Omelet        |
|                                   | 2 oz herb beef gravy          | 3 oz tomato basil                       | 5 ea turkey meatballs               | #8 harvest grain medley  | 3 oz marinara sauce      | #10 alfredo sauce              | #10 peppers and onions    |
|                                   | #10 mashed potatoes           | #8 peas and mushrooms                   | 3 oz marinara sauce                 | #8 asparagus             | #8 peas                  | #8 diced chicken               | #8 broccoli               |
| 1                                 | #8 green beans                | #8 cinnamon pears                       | #8 diced carrots                    | 1 ea applesauce cup      | #8 corn                  | #8 broccoli                    | #8 breakfast potatoes     |
|                                   | #8 cinnamon applesauce        | 1 ea banana                             | #8 corn                             |                          |                          | #8 diced carrots               | 1 ea applesauce cup       |
|                                   |                               |                                         |                                     |                          |                          | 1 ea banana                    |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
| 2                                 |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
| 3                                 |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
| 4                                 |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |
|                                   |                               |                                         |                                     |                          |                          |                                |                           |

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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  
OCTOBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

|                   | Monday                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                          |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cycle 2<br>Sep-29 | <div>29</div> <div>Waffle &amp; Vegetarian Sausage Breakfast</div> <div>1 ea whole grain waffle</div> <div>1 ea vegetarian sausage patty</div> <div>#8 potato wedge</div> <div>#8 diced pears</div> <div>1 ea syrup</div>                  | <div>30</div> <div>Cheese Stuffed Shells</div> <div>2 ea cheese stuffed shells</div> <div>3 oz tomato basil sauce</div> <div>#8 peas &amp; mushrooms</div> <div>#8 cinnamon pears</div> | <div>01</div> <div>Vegetarian Chili</div> <div>#6 three bean chili</div> <div>#8 carrot coins</div> <div>#8 green beans</div> <div>1 ea cornbread</div> <div>1 ea fresh banana</div>                     | <div>02</div> <div>Farmers Market Omelet</div> <div>1 ea cheese omelet</div> <div>#10 peppers &amp; onion</div> <div>#8 broccoli or</div> <div>#8 italian green beans</div> <div>#8 breakfast potatoes</div> <div>1 ea fresh apple</div> | <div>03</div> <div>Breakfast Skillet</div> <div>#8 breakfast potatoes</div> <div>#16 peppers and onions</div> <div>1 ea fried egg patty</div> <div>1 oz cheddar cheese</div> <div>#8 capri blend</div> <div>1 ea vegetarian sausage patty</div> |
|                   |                                                                                                                                                                                                                                            |                                                                                                                                                                                         |                                                                                                                                                                                                          |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |
| Cycle 1<br>Oct-06 | <div>06</div> <div>Cheese Tortellini or Cheese Ravioli</div> <div>#6 cheese tortellini or cheese ravioli</div> <div>3 oz marinara sauce</div> <div>1 oz mozzarella cheese</div> <div>#8 peas</div> <div>#8 diced carrots</div>             | <div>07</div> <div>Cheese Lasagna</div> <div>1 ea cheese lasagna</div> <div>3 oz marinara sauce</div> <div>#8 peas</div> <div>#8 corn</div>                                             | <div>08</div> <div>Black Bean Burger</div> <div>1 ea black bean burger</div> <div>#10 macaroni and cheese</div> <div>#8 broccoli</div> <div>1 ea apple</div> <div>1 ea hamburger bun</div>               | <div>09</div> <div>Mac &amp; Cheese</div> <div>#6 mac &amp; cheese</div> <div>#8 green beans</div> <div>#8 diced cinnamon pears</div>                                                                                                    | <div>10</div> <div>Hearty Vegetable Stew</div> <div>#6 hearty vegetable soup</div> <div>#8 harvest grain medley</div> <div>#8 asparagus</div> <div>1 ea banana</div>                                                                            |
|                   |                                                                                                                                                                                                                                            |                                                                                                                                                                                         |                                                                                                                                                                                                          |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |
| Cycle 2<br>Oct-13 | <div>13</div> <div>Waffle &amp; Vegetarian Sausage Breakfast</div> <div>1 ea whole grain waffle</div> <div>1 ea vegetarian sausage patty</div> <div>#8 potato wedge</div> <div>#8 diced pears</div> <div>1 ea syrup</div>                  | <div>14</div> <div>Cheese Stuffed Shells</div> <div>2 ea cheese stuffed shells</div> <div>3 oz tomato basil sauce</div> <div>#8 peas &amp; mushrooms</div> <div>#8 cinnamon pears</div> | <div>15</div> <div>Vegetarian Chili</div> <div>#6 three bean chili</div> <div>#8 diced carrots</div> <div>#8 green beans</div> <div>1 ea cornbread</div> <div>1 ea fresh banana</div>                    | <div>16</div> <div>Farmers Market Omelet</div> <div>1 ea cheese omelet</div> <div>#10 peppers &amp; onion</div> <div>#8 broccoli or</div> <div>#8 italian green beans</div> <div>1 ea fresh apple</div>                                  | <div>17</div> <div>Breakfast Skillet</div> <div>#8 breakfast potatoes</div> <div>#16 peppers and onions</div> <div>1 ea fried egg patty</div> <div>1 oz cheddar cheese</div> <div>#8 capri blend</div> <div>1 ea vegetarian sausage patty</div> |
|                   |                                                                                                                                                                                                                                            |                                                                                                                                                                                         |                                                                                                                                                                                                          |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |
| Cycle 1<br>Oct-20 | <div>20</div> <div>Cheese Tortellini or Cheese Raviloi</div> <div>#6 cheese tortellini or cheese raviloi</div> <div>3 oz marinara sauce</div> <div>1 oz mozzarella cheese</div> <div>#8 diced carrots</div> <div>#8 mixed vegetables</div> | <div>21</div> <div>Cheese Lasagna</div> <div>1 ea cheese lasagna</div> <div>3 oz marinara sauce</div> <div>#8 peas</div> <div>#8 corn</div>                                             | <div>22</div> <div>Black Bean Burger</div> <div>1 ea black bean burger</div> <div>#10 macaroni and cheese</div> <div>#8 broccoli</div> <div>1 ea red delicious apple</div> <div>1 ea hamburger bun</div> | <div>23</div> <div>Mac &amp; Cheese</div> <div>#6 mac &amp; cheese</div> <div>#8 green beans</div> <div>#8 diced cinnamon pears</div>                                                                                                    | <div>24</div> <div>Cheese Tortellini</div> <div>#6 cheese tortellini</div> <div>3 oz marinara sauce</div> <div>1 oz mozzarella cheese</div> <div>#8 mixed vegetables</div> <div>#8 diced carrots</div> <div>1 ea fresh banana</div>             |
|                   |                                                                                                                                                                                                                                            |                                                                                                                                                                                         |                                                                                                                                                                                                          |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |
| Cycle 2<br>Sep-29 | <div>27</div> <div>Waffle &amp; Vegetarian Sausage Breakfast</div> <div>1 ea whole grain waffle</div> <div>1 ea vegetarian sausage patty</div> <div>#8 potato wedge</div> <div>#8 diced pears</div> <div>1 ea syrup</div>                  | <div>28</div> <div>Cheese Stuffed Shells</div> <div>2 ea cheese stuffed shells</div> <div>3 oz tomato basil sauce</div> <div>#8 peas &amp; mushrooms</div> <div>#8 cinnamon pears</div> | <div>29</div> <div>Vegetarian Chili</div> <div>#6 three bean chili</div> <div>#8 carrot coins</div> <div>#8 green beans</div> <div>1 ea cornbread</div> <div>1 ea fresh banana</div>                     | <div>30</div> <div>Farmers Market Omelet</div> <div>1 ea cheese omelet</div> <div>#10 peppers &amp; onion</div> <div>#8 broccoli or</div> <div>#8 italian green beans</div> <div>#8 breakfast potatoes</div> <div>1 ea fresh apple</div> | <div>31</div> <div>Breakfast Skillet</div> <div>#8 breakfast potatoes</div> <div>#16 peppers and onions</div> <div>1 ea fried egg patty</div> <div>1 oz cheddar cheese</div> <div>#8 capri blend</div> <div>1 ea vegetarian sausage patty</div> |
|                   |                                                                                                                                                                                                                                            |                                                                                                                                                                                         |                                                                                                                                                                                                          |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |

\*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

## OCTOBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

### LifeCare Alliance Meals-on-Wheels

|                   | Monday |                         | Tuesday |                      | Wednesday |                      | Thursday |                    | Friday |                       | Saturday |                        | Sunday |                      |
|-------------------|--------|-------------------------|---------|----------------------|-----------|----------------------|----------|--------------------|--------|-----------------------|----------|------------------------|--------|----------------------|
| Cycle 1<br>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       |        |                      |
| Cycle 1<br>Oct-06 | 06     | Pureed Chicken w/ Gravy | 07      | Pureed Pork w/ Gravy | 08        | Pureed Fish          | 09       | Pureed Ham         | 10     | Pureed Beef & Cheddar | 11       | Pureed Turkey w/ Gravy | 12     | 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<br>Oct-13 | 13     | Pureed Chicken w/ Gravy | 14      | Pureed Pork w/ Gravy | 15        | Pureed Fish          | 16       | Pureed Ham         | 17     | Pureed Beef & Cheddar | 18       | Pureed Turkey w/ Gravy | 19     | 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<br>Oct-20 | 20     | Pureed Chicken w/ Gravy | 21      | Pureed Pork w/ Gravy | 22        | Pureed Fish          | 23       | Pureed Ham         | 24     | Pureed Beef & Cheddar | 25       | Pureed Turkey w/ Gravy | 26     | 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<br>Oct-27 | 27     | Pureed Chicken w/ Gravy | 28      | Pureed Pork w/ Gravy | 29        | Pureed Fish          | 30       | Pureed Ham         | 31     | Pureed Beef & Cheddar | 01       | Pureed Turkey w/ Gravy | 02     | 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

1699 W. Mound St. Columbus, OH 43223

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

PUREE MENU  
OCTOBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

|                   | Monday |                      | Tuesday |                      | Wednesday |                    | Thursday |                       | Friday |                        | Saturday |                      | Sunday |                         |
|-------------------|--------|----------------------|---------|----------------------|-----------|--------------------|----------|-----------------------|--------|------------------------|----------|----------------------|--------|-------------------------|
| Cycle 1<br>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            |
| Cycle 1<br>Oct-06 | 06     | Pureed Pork w/ Gravy | 07      | Pureed Beef w/ Gravy | 08        | Pureed Ham         | 09       | Pureed Beef & Cheddar | 10     | Pureed Turkey w/ Gravy | 11       | Pureed Fish          | 12     | 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<br>Oct-13 | 13     | Pureed Pork w/ Gravy | 14      | Pureed Beef w/ Gravy | 15        | Pureed Ham         | 16       | Pureed Beef & Cheddar | 17     | Pureed Turkey w/ Gravy | 18       | Pureed Fish          | 19     | 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<br>Oct-20 | 20     | Pureed Pork w/ Gravy | 21      | Pureed Beef w/ Gravy | 22        | Pureed Ham         | 23       | Pureed Beef & Cheddar | 24     | Pureed Turkey w/ Gravy | 25       | Pureed Fish          | 26     | 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<br>Oct-27 | 27     | Pureed Pork w/ Gravy | 28      | Pureed Beef w/ Gravy | 29        | Pureed Ham         | 30       | Pureed Beef & Cheddar | 31     | Pureed Turkey w/ Gravy | 01       | Pureed Fish          | 02     | 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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\*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  
OCTOBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

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

\*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  
OCTOBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

|                   | Monday |                                                                                             | Tuesday |                                                                                               | Wednesday |                                                                                            | Thursday |                                                                                               | Friday |                                                                                                 | Saturday |                                                                                                                       | Sunday |                                                                                                              |
|-------------------|--------|---------------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------|
| Cycle 1<br>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<br>rice<br>egg rolls<br>fresh orange<br>kosher wheat bread                |         | meatloaf<br>potato pudding<br>peas<br>carrots<br>natural applesauce cup<br>kosher wheat bread |           | baked fish<br>penne pasta<br>green beans<br>carrots<br>fresh orange<br>kosher wheat bread  |          | cheese ravioli<br>green beans<br>peas<br>pineapple tidbits cup<br>kosher wheat bread          |        | pot roast<br>gravy<br>mashed potatoes<br>peas and carrots<br>fresh orange<br>kosher wheat bread |          | eggplant parmigiana<br>tomato sauce<br>carrots<br>broccoli<br>mozzarella sticks<br>fresh orange<br>kosher wheat bread |        | roasted potatoes<br>green beans<br>carrots<br>red delicious apple<br>mozzarella sticks<br>kosher wheat bread |
| Cycle 2<br>Oct-06 | 06     | Chicken in a Pot                                                                            | 07      | Vegetable Lasagna                                                                             | 08        | Roasted Turkey Breast                                                                      | 09       | Chicken Breast with Gravy                                                                     | 10     | Spaghetti & Meatballs                                                                           | 11       | Salisbury Steak                                                                                                       | 12     | Stuffed Cabbage with Beef                                                                                    |
|                   |        | boiled chicken leg with broth<br>matzoh balls<br>peas<br>fresh orange<br>kosher wheat bread |         | vegetable lasagna<br>sliced carrots<br>corn<br>natural applesauce cup<br>kosher wheat bread   |           | roasted turkey breast<br>roasted sweet potatoes<br>peas<br>peach cup<br>kosher wheat bread |          | chicken breast<br>carrot tzimmes<br>egg barley<br>pineapple tidbits cup<br>kosher wheat bread |        | spaghetti<br>meatballs<br>spaghetti sauce<br>peas<br>fresh orange<br>kosher wheat bread         |          | salisbury steak<br>mashed potatoes<br>corn<br>peas<br>fresh banana<br>kosher wheat bread                              |        | stuffed cabbage with beef<br>peas<br>carrots<br>red delicious apple<br>kosher wheat bread                    |
| Cycle 1<br>Oct-13 | 13     | Chicken Chow Mein                                                                           | 14      | Meatloaf                                                                                      | 15        | Baked Fish                                                                                 | 16       | Cheese Ravioli                                                                                | 17     | Pot Roast                                                                                       | 18       | Eggplant Parmigiana                                                                                                   | 19     | Vegetable Stuffed Peppers                                                                                    |
|                   |        | chicken chow mein<br>rice<br>egg rolls<br>fresh orange<br>kosher wheat bread                |         | meatloaf<br>potato pudding<br>peas<br>carrots<br>natural applesauce cup<br>kosher wheat bread |           | baked fish<br>penne pasta<br>green beans<br>carrots<br>fresh orange<br>kosher wheat bread  |          | cheese ravioli<br>green beans<br>peas<br>pineapple tidbits cup<br>kosher wheat bread          |        | pot roast<br>gravy<br>mashed potatoes<br>peas and carrots<br>fresh orange<br>kosher wheat bread |          | eggplant parmigiana<br>spaghetti<br>peas<br>carrots<br>peach cup<br>kosher wheat bread                                |        | roasted potatoes<br>green beans<br>carrots<br>red delicious apple<br>mozzarella sticks<br>kosher wheat bread |
| Cycle 2<br>Oct-20 | 20     | Chicken in a Pot                                                                            | 21      | Vegetable Lasagna                                                                             | 22        | Roasted Turkey Breast                                                                      | 23       | Chicken Breast with Gravy                                                                     | 24     | Spaghetti & Meatballs                                                                           | 25       | Salisbury Steak                                                                                                       | 26     | Stuffed Cabbage                                                                                              |
|                   |        | boiled chicken leg with broth<br>matzoh balls<br>peas<br>fresh orange<br>kosher wheat bread |         | vegetable lasagna<br>sliced carrots<br>corn<br>natural applesauce cup<br>kosher wheat bread   |           | roasted turkey breast<br>roasted sweet potatoes<br>peas<br>peach cup<br>kosher wheat bread |          | chicken breast<br>carrot tzimmes<br>egg barley<br>pineapple tidbits cup<br>kosher wheat bread |        | spaghetti<br>meatballs<br>spaghetti sauce<br>peas<br>fresh orange<br>kosher wheat bread         |          | salisbury steak<br>gravy<br>mashed potatoes<br>broccoli<br>fresh banana<br>kosher wheat bread                         |        | stuffed cabbage<br>peas<br>carrots<br>apple<br>kosher wheat bread                                            |
| Cycle 1<br>Oct-27 | 27     | Chicken Chow mein                                                                           | 28      | Meatloaf                                                                                      | 29        | Baked Fish                                                                                 | 30       | Cheese Ravioli                                                                                | 31     | Pot Roast                                                                                       | 01       | Eggplant Parmigiana                                                                                                   | 02     | Vegetable Stuffed Peppers                                                                                    |
|                   |        | chicken chow mein<br>rice<br>egg rolls<br>fresh orange<br>kosher wheat bread                |         | meatloaf<br>potato pudding<br>peas<br>carrots<br>natural applesauce cup<br>kosher wheat bread |           | baked fish<br>penne pasta<br>green beans<br>carrots<br>fresh orange<br>kosher wheat bread  |          | cheese ravioli<br>green beans<br>peas<br>pineapple tidbits cup<br>kosher wheat bread          |        | pot roast<br>gravy<br>mashed potatoes<br>peas and carrots<br>fresh orange<br>kosher wheat bread |          | eggplant parmigiana<br>tomato sauce<br>carrots<br>broccoli<br>mozzarella sticks<br>fresh orange<br>kosher wheat bread |        | roasted potatoes<br>green beans<br>carrots<br>red delicious apple<br>mozzarella sticks<br>kosher wheat bread |