

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

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

*Meals subject to change *Evening and weekend service is limited *All meals include 8oz milk
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MECHANICAL MENU
NOVEMBER 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	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	4
	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 green beans	#8 peas	#8 diced chicken	#8 broccoli	
1	#8 green beans	#8 cinnamon pears	#8 diced carrots	#8 applesauce cup	#8 corn	#8 broccoli	#8 breakfast potatoes	1
	#8 cinnamon applesauce	1 ea banana	#8 corn			#8 diced carrots	1 ea applesauce cup	
						1 ea banana		
2	03 Meatloaf w/Gravy	04 Carrie's Homestyle Chicken & Noodles	05 Popcorn Chicken	06 Spaghetti & Meatballs	07 Macaroni & Cheese	08 Three Bean Chili	09 Breakfast Skillet	2
	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	3
	#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	10 Creamy Cheesy Chicken Bake	11 Three Bean Chili	12 Chicken & Dumplings	13 Farmers Market Omelet	14 Cheese Ravoli	15 Country Fried Steak	16 Beef Stroganoff	4
	#8 diced chicken	8 oz three bean chili	#8 diced chicken	1 ea cheese omelet	#6 cheese ravoli	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	
5	#8 peas and mushrooms	#8 green beans	#8 broccoli	#8 breakfast potatoes	#8 diced carrots	#8 peas and carrots	#8 peas and carrots	5
		1 ea fresh banana or fruit cup	#10 pineapple betty	1 ea applesauce cup	1 ea banana	#8 oregon bean medley	#8 diced pears	
6	17 BBQ Chicken Breast	18 Johnny Marzetti	19 Cheese Ravoli and or Tortellini	20 Salisbury Steak	21 Cheese Tortellini	22 Potato Breaded Fish	31 Santa Fe Chicken	6
	#6 diced chicken	#8 whole grain penne pasta	#6 cheese ravoli	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	
7	#8 green beans	1 oz mozzarella cheese	#8 peas	#8 corn	#8 diced carrots	1 ea banana	#8 salsa rice	7
	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						
8	24 Salisbury Steak	25 Thanksgiving Meal	26 Spaghetti & Meatballs	27 Thanksgiving Meal	28 Cheese Lasagna	29 Chicken Alfredo	30 Farmer's Market Omelet	8
	1 ea Salisbury steak	3 oz roasted turkey breast	#8 linguine noodles	3 oz roasted turkey breast	1 ea cheese lasagna roll	#8 linguine noodles	1 ea Cheese Omelet	
	2 oz herb beef gravy	#8 mashed potatoes	5 ea turkey meatballs	#8 mashed potatoes	3 oz marinara sauce	#10 alfredo sauce	#10 peppers and onions	
	#10 mashed potatoes	2 oz poultry gravy	3 oz marinara sauce	2 oz poultry gravy	#8 peas	#8 diced chicken	#8 broccoli	
9	#8 green beans	#8 green beans	#8 diced carrots	#8 green beans	#8 corn	#8 broccoli	#8 breakfast potatoes	9
	#8 cinnamon applesauce	#8 stuffing	#8 corn	#8 stuffing		#8 diced carrots	1 ea applesauce cup	
		1 slc pumpkin pie		1 slc pumpkpie		1 ea banana		
		#10 cranberry sauce		#10 cranberry sauce				
10		1 ea roll		1 ea roll				10

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

VEGETARIAN MENU
NOVEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 2 Oct-27	27 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	28 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	29 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread 1 ea fresh banana	30 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans #8 breakfast potatoes 1 ea fresh apple	31 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 1 ea vegetarian sausage patty
Cycle 1 Nov-03	03 Cheese Tortellini or Cheese Ravioli #6 cheese tortellini or cheese ravioli 3 oz marinara sauce 1 oz mozzarella cheese #8 peas #8 diced carrots	04 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	05 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea apple 1 ea hamburger bun	06 Mac & Cheese #6 mac & cheese #8 green beans #8 diced cinnamon pears	07 Hearty Vegetable Stew #6 hearty vegetable soup #8 harvest grain medley #8 asparagus 1 ea banana
Cycle 2 Nov-10	10 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	11 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	12 Vegetarian Chili #6 three bean chili #8 diced carrots #8 green beans 1 ea cornbread 1 ea fresh banana	13 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans 1 ea fresh apple	14 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 1 ea vegetarian sausage patty
Cycle 1 Nov-17	17 Cheese Tortellini or Cheese Raviloi #6 cheese tortellini or cheese raviloi 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	18 Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	19 Black Bean Burger 1 ea black bean burger #10 macaroni and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	20 Mac & Cheese #6 mac & cheese #8 green beans #8 diced cinnamon pears	21 Cheese Tortellini #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 mixed vegetables #8 diced carrots 1 ea fresh banana
Cycle 2 Nov-24	24 Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #8 diced pears 1 ea syrup	25 Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #8 cinnamon pears	26 Vegetarian Chili #6 three bean chili #8 carrot coins #8 green beans 1 ea cornbread 1 ea fresh banana	27 Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #8 broccoli or #8 italian green beans #8 breakfast potatoes 1 ea fresh apple	28 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty 1 oz cheddar cheese #8 capri blend 1 ea vegetarian sausage patty

CHILLED PUREE MENU
NOVEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

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

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PUREE MENU
NOVEMBER 2025

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LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 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
Cycle 1 Nov-03	03	Pureed Pork w/ Gravy	04	Pureed Beef w/ Gravy	05	Pureed Ham	06	Pureed Beef & Cheddar	07	Pureed Turkey w/ Gravy	08	Pureed Fish	09	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 Nov-10	10	Pureed Pork w/ Gravy	11	Pureed Beef w/ Gravy	12	Pureed Ham	13	Pureed Beef & Cheddar	14	Pureed Turkey w/ Gravy	15	Pureed Fish	16	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 Nov-17	17	Pureed Pork w/ Gravy	18	Pureed Beef w/ Gravy	19	Pureed Ham	20	Pureed Beef & Cheddar	21	Pureed Turkey w/ Gravy	22	Pureed Fish	23	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 Nov-24	24	Pureed Pork w/ Gravy	25	Pureed Beef w/ Gravy	26	Pureed Ham	27	Pureed Beef & Cheddar	28	Pureed Turkey w/ Gravy	29	Pureed Fish	30	Pureed Chicken w/ Gravy
	3 oz	pureed pork	3 oz	pureed beef	3 oz	pureed ham	3 oz	pureed beef & cheddar	3 oz	pureed turkey	3 oz	pureed fish	3 oz	pureed chicken
	2 oz	pork gravy	2 oz	beef gravy	#8	mashed potatoes	#8	mashed potatoes	2 oz	poultry gravy	#8	pureed seasoned rice	2 oz	poultry gravy
	1 ea	pureed bread	#8	pureed seasoned rice	1/2 c	pureed green beans	1/2 c	pureed green beans	1/2 c	pureed bread	1/2 c	pureed corn	1 ea	pureed bread
	#8	mashed potatoes	1/2 c	pureed carrots	1/2 c	pureed pears	1/2 c	pureed peaches	#8	mashed potatoes	1/2 c	pureed mixed berry	#8	mashed potatoes
	1/2 c	pureed broccoli	1/2 c	pureed mixed berry					1/2 c	pureed broccoli			1/2 c	pureed peas
	1/2 c	pureed pineapple							1/2 c	pureed pineapple			1/2 c	pureed pears

*Meals subject to change *Evening and weekend service is limited *All meals include 8oz milk *Cold meal substitutions available upon request

*For meal cancellations or questions regarding service call LifeCare Alliance Meals-on-Wheels at (614) 278-3152

1699 W. Mound St. Columbus, OH 43223
Mon-Fri 7:45am-5pm Sat-Sun: 8am-5pm

FROZEN MENU
NOVEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

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

*For meal cancellations or questions regarding service call LifeCare Alliance Meals-on-Wheels at (614) 278-3152

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

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

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

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

KOSHER MENU

NOVEMBER 2025

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 1 Oct-27	27Chicken Chow mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	28Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	29Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	30Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	31Pot Roast pot roast gravy mashed potatoes peas and carrots fresh orange kosher wheat bread	01Eggplant Parmigiana eggplant parmigiana tomato sauce carrots broccoli mozzarella sticks fresh orange kosher wheat bread	02Vegetable Stuffed Peppers roasted potatoes green beans carrots red delicious apple mozzarella sticks kosher wheat bread
Cycle 2 Nov-03	03Chicken in a Pot boiled chicken leg with broth matzoh balls peas fresh orange kosher wheat bread	04Vegetable Lasagna vegetable lasagna sliced carrots corn natural applesauce cup kosher wheat bread	05Roasted Turkey Breast roasted turkey breast roasted sweet potatoes peas peach cup kosher wheat bread	06Chicken Breast with Gravy chicken breast carrot tzimmes egg barley pineapple tidbits cup kosher wheat bread	07Spaghetti & Meatballs spaghetti meatballs spaghetti sauce peas fresh orange kosher wheat bread	08Salisbury Steak salisbury steak mashed potatoes corn peas fresh banana kosher wheat bread	09Stuffed Cabbage with Beef stuffed cabbage with beef peas carrots red delicious apple kosher wheat bread
Cycle 1 Nov-10	10Chicken Chow Mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	11Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	12Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	13Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	14Pot Roast pot roast gravy mashed potatoes peas and carrots fresh orange kosher wheat bread	15Eggplant Parmigiana eggplant parmigiana tomato sauce carrots broccoli mozzarella sticks fresh orange kosher wheat bread	16Vegetable Stuffed Peppers roasted potatoes green beans carrots red delicious apple mozzarella sticks kosher wheat bread
Cycle 2 Nov-17	17Chicken in a Pot boiled chicken leg with broth matzoh balls peas fresh orange kosher wheat bread	18Vegetable Lasagna vegetable lasagna sliced carrots corn natural applesauce cup kosher wheat bread	19Roasted Turkey Breast roasted turkey breast roasted sweet potatoes peas peach cup kosher wheat bread	20Chicken Breast with Gravy chicken breast carrot tzimmes egg barley pineapple tidbits cup kosher wheat bread	21Spaghetti & Meatballs spaghetti meatballs spaghetti sauce peas fresh orange kosher wheat bread	22Salisbury Steak salisbury steak gravy mashed potatoes broccoli fresh banana kosher wheat bread	23Stuffed Cabbage stuffed cabbage peas carrots apple kosher wheat bread
Cycle 1 Nov-24	24Chicken Chow mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	25Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	26Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	27Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	28Pot Roast pot roast gravy mashed potatoes peas and carrots fresh orange kosher wheat bread	29Eggplant Parmigiana eggplant parmigiana tomato sauce carrots broccoli mozzarella sticks fresh orange kosher wheat bread	30Vegetable Stuffed Peppers roasted potatoes green beans carrots red delicious apple mozzarella sticks kosher wheat bread