

HOT NOON MENU
JANUARY 2026

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
1	29 Cycle 1 Dec-29 1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	30 Carrie's Home-style Chicken & Noodles #8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots <u>Alternative Meal</u> Fish Marinara 1 ea breaded fish square 3 oz marinara sauce 1 oz mozzarella cheese #8 oregon bean medley #8 cinnamon apples	31 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy #8 popcorn chicken 1 oz cheddar cheese #8 corn 1 ea orange	01 New Years Meal 3 oz sliced pork loin 2 oz pork gravy #8 lima beans #8 rosemary garlic potatoes 1 ea dinner roll	02 Kielbasa w/Sauerkraut 1 ea kielbasa #20 sauerkraut #8 rosemary garlic potatoes #8 cinnamon diced pears <u>Alternative Meal</u> Macaroni & Cheese - V5 #6 macaroni and cheese #8 green beans #8 cinnamon diced pears	03 Three Bean Chili - V6 8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	04 Beef Stroganoff #8 rotini pasta #10 ground beef crumbles #6 stroganoff sauce #8 peas and carrots #8 diced pears
							1
	05 Cycle 2 Jan-05 1 ea chicken breast 2 oz momay sauce #8 brown rice #8 peas with mushrooms	06 Grilled Chicken Breast 1 ea grilled chicken breast #8 crunchy potato bites #8 mixed vegetables 1 ea wheat bread 1 ea orange <u>Alternative Meal</u> Chicken Fritter Sandwich 1 ea chicken fritter patty #8 baked beans #8 cinnamon pears 1 ea hamburger bun	07 Chicken & Dumplings #8 diced chicken #8 dumplings (spaeztie) 3 oz chicken and dumpling gravy #8 broccoli #10 pineapple betty	08 Farmers Market Omelet V7 1 ea cheese omelet #10 peppers & onion #8 italian green beans #8 breakfast potatoes 1 ea red delicious apple	09 Sausage Gravy w/ Biscuit #8 sausage gravy 1 ea biscuit #8 rosemary garlic potatoes #8 green beans <u>Alternative Meal</u> Cheese Ravioli - V8 #6 cheese ravioli 3 oz marinara sauce #8 peas #8 diced carrots 1 ea banana	10 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	11 Breakfast Skillet #8 breakfast potatoes #16 peppers and onions 1 ea fried egg patty #8 cheddar cheese #8 capri blend 2 ea turkey sausage links
							2
	12 Cycle 3 Jan-12 1 ea grilled chicken breast 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea orange 1 ea wheat bread	13 Johnny Marzetti #8 whole grain penne pasta 3 oz marinara sauce #10 beef crumbles 1 oz mozzarella cheese #8 green beans #8 corn #8 banana <u>Alternative Meal</u> 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	14 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	15 Hamburger & Macaroni & Cheese 1 ea beef hamburger #10 macaroni and cheese #8 broccoli #8 diced pears 1 ea fresh apple 1 ea hamburger bun	16 Pork Riblet 1 ea Pork Riblet 2 oz bbq sauce #10 mashed potatoes #8 peas #8 diced carrots <u>Alternative Meal</u> Cheese Tortellini - V9 #6 cheese tortellini 3 oz marinara sauce 1 oz mozzarella cheese #8 diced carrots #8 mixed vegetables	17 Potato Breaded Fish 1 ea potato breaded fish 2 oz scalloped potatoes #8 succotash 1 ea banana	18 Santa Fe Chicken 1 ea chicken breast 1 oz salsa 1 oz monterey jack cheese #8 salsa rice #8 fire roasted corn
							3
4	19 Cycle 4 Jan-19 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 green beans #8 cinnamon applesauce	20 Bratwurst w/Peppers 1 ea bratwurst 1 ea hot dog bun #10 peppers and onions #8 baby bakers #8 baked beans <u>Alternative Meal</u> Cheese Stuffed Shells-V1 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas and mushrooms #8 cinnamon pears 1 ea banana	21 Chicken Nuggets 5 ea chicken nuggets #8 italian blend vegetables #8 yellow wax beans 1 ea apple 1 slc wheat bread	22 Hearty Vegetable Stew #6 vegetable stew-V11 #8 harvest grain medley #8 green beans 1 ea applesauce cup	23 Country Fried Pork 1 ea country fried pork 2 oz pork gravy #10 mashed potatoes #8 peas <u>Alternative Meal</u> Cheese Lasagna -V12 1 ea cheese lasagna roll 3 oz marinara sauce #8 peas #8 corn	24 Chicken Alfredo #8 linguine noodles #10 alfredo sauce #8 diced chicken #8 broccoli #8 diced carrots 1 ea banana	25 Farmer's Market Omelet - V13 1 ea cheese omelet #10 peppers and onions #8 broccoli #8 breakfast potatoes 1 ea apple
							4
	26 Cycle 1 Jan-26 1 ea meatloaf slice 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #8 diced peaches	27 Carrie's Home-style Chicken & Noodles #8 egg noodles #10 diced chicken #6 chicken base #8 mashed potatoes #8 peas and carrots <u>Alternative Meal</u> Fish Marinara 1 ea breaded fish square 3 oz marinara sauce 1 oz mozzarella cheese #8 oregon bean medley #8 cinnamon apples	28 Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy #8 popcorn chicken 1 oz cheddar cheese #8 corn 1 ea orange	29 Spaghetti and Meatballs #8 linguine noodles 5 ea turkey meatballs 3 oz marinara sauce #8 diced carrots #8 corn	30 Kielbasa w/Sauerkraut 1 ea kielbasa #20 sauerkraut #8 rosemary garlic potatoes #8 cinnamon diced pears <u>Alternative Meal</u> Macaroni & Cheese - V5 #6 macaroni and cheese #8 green beans #8 cinnamon diced pears	31 Three Bean Chili - V6 8 oz three bean chili 1 ea cornbread #8 diced carrots #8 green beans 1 ea fresh banana	01 Beef Stroganoff #8 rotini pasta #10 ground beef crumbles #6 stroganoff sauce #8 peas and carrots #8 diced pears
							1
	1	2	3	4	5	6	7

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

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

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

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

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

COLD NOON MENU
JANUARY 2026

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

MECHANICAL MENU
JANUARY 2026

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
1	29 Meatloaf w/Gravy	30 Carrie's Homestyle Chicken & Noodles	31 Popcorn Chicken	01 Spaghetti & Meatballs	02 Macaroni & Cheese	03 Three Bean Chili	04 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
	#8 diced carrots	#8 mashed potatoes	#8 diced chicken	#8 diced carrots		#8 green beans	1 oz cheddar cheese
	#8 diced peaches	#8 peas and carrots	#8 corn	#8 corn		1 ea fresh banana	#8 capri blend
2	05 Creamy Cheesy Chicken Bake	06 Three Bean Chili	07 Chicken & Dumplings	08 Farmers Market Omelet	09 Cheese Ravioli	10 Country Fried Steak	11 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	#8 peas	#10 mashed potatoes	#8 stroganoff sauce
	#8 peas and mushrooms	#8 green beans	#8 broccoli	#8 breakfast potatoes	#8 diced carrots	#8 peas and carrots	#8 peas and carrots
3	12 BBQ Chicken Breast	13 Johnny Marzetti	14 Cheese Ravioli	15 Salisbury Steak	16 Cheese Tortellini	17 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
	#8 green beans	1 oz mozzarella cheese	#8 peas	#8 corn	#8 diced carrots	1 ea banana	#8 salsa rice
4	19 Salisbury Steak	20 Cheese Stuffed Shells	21 Spaghetti & Meatballs	22 Christmas Meal	23 Cheese Lasagna	24 Chicken Alfredo	25 Farmer's Market Omelet
	1 ea salisbury steak	2 ea cheese stuffed shells	#8 linguine noodles	3 oz sliced ham	1 ea cheese lasagna roll	#8 linguine noodles	1 ea Cheese Omelet
	2 oz herb beef gravy	3 oz tomato basil sauce	5 ea turkey meatballs	2 oz pineapple sauce	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
	#8 green beans	#8 cinnamon pears	#8 diced carrots	#8 roasted red potatoes	#8 corn	#8 broccoli	#8 breakfast potatoes
1	26 Meatloaf w/Gravy	27 Carrie's Homestyle Chicken & Noodles	28 Popcorn Chicken	29 Spaghetti & Meatballs	30 Macaroni & Cheese	31 Three Bean Chili	01 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
	#8 diced carrots	#8 mashed potatoes	#8 diced chicken	#8 diced carrots		#8 green beans	1 oz cheddar cheese
1	#8 diced peaches	#8 peas and carrots	#8 corn	#8 corn		1 ea fresh banana	#8 capri blend
			1 ea orange				2 ea turkey sausage links

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

VEGETARIAN MENU
JANUARY 2026

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels						
	Monday		Tuesday		Wednesday	
	Thursday		Friday			
Cycle 1 Dec-29	29	Cheese Tortellini or Cheese Ravioli	30	Cheese Lasagna	31	Black Bean Burger
	#6	cheese tortellini or cheese ravioli	1 ea	cheese lasagna	1 ea	black bean burger
	3 oz	marinara sauce	3 oz	marinara sauce	#10	macaroni and cheese
	1 oz	mozzarella cheese	#8	peas	#8	broccoli
	#8	peas	#8	corn	1 ea	apple
	#8	diced carrots			1 ea	hamburger bun
Cycle 2 Jan-05	05	Waffle & Vegetarian Sausage Breakfast	06	Cheese Stuffed Shells	07	Vegetarian Chili
	1 ea	whole grain waffle	2 ea	cheese stuffed shells	#6	three bean chili
	1 ea	vegetarian sausage patty	3 oz	tomato basil sauce	#8	diced carrots
	#8	potato wedge	#8	peas & mushrooms	#8	green beans
	#8	diced pears	#8	cinnamon pears	1 ea	cornbread
	1 ea	syrup			1 ea	fresh banana
Cycle 1 Jan-12	12	Cheese Tortellini or Cheese Raviloi	13	Cheese Lasagna	14	Black Bean Burger
	#6	cheese tortellini or cheese raviloi	1 ea	cheese lasagna	1 ea	black bean burger
	3 oz	marinara sauce	3 oz	marinara sauce	#10	macaroni and cheese
	1 oz	mozzarella cheese	#8	peas	#8	broccoli
	#8	diced carrots	#8	corn	1 ea	red delicious apple
	#8	mixed vegetables			1 ea	hamburger bun
Cycle 2 Jan-19	19	Waffle & Vegetarian Sausage Breakfast	20	Cheese Stuffed Shells	21	Vegetarian Chili
	1 ea	whole grain waffle	2 ea	cheese stuffed shells	#6	three bean chili
	1 ea	vegetarian sausage patty	3 oz	tomato basil sauce	#8	carrot coins
	#8	potato wedge	#8	peas & mushrooms	#8	green beans
	#8	diced pears	# 8	cinnamon pears	1 ea	cornbread
	1 ea	syrup			1 ea	fresh banana
Cycle 1 Jan-26	29	Cheese Tortellini or Cheese Ravioli	30	Cheese Lasagna	31	Black Bean Burger
	#6	cheese tortellini or cheese ravioli	1 ea	cheese lasagna	1 ea	black bean burger
	3 oz	marinara sauce	3 oz	marinara sauce	#10	macaroni and cheese
	1 oz	mozzarella cheese	#8	peas	#8	broccoli
	#8	peas	#8	corn	1 ea	apple
	#8	diced carrots			1 ea	hamburger bun
	01	Mac & Cheese	02	Hearty Vegetable Stew	01	Mac & Cheese
	#6	mac & cheese	#6	hearty vegetable soup	#6	mac & cheese
	#8	green beans	#8	harvest grain medley	#8	green beans
	#8	diced cinnamon pears	#8	asparagus	#8	diced cinnamon pears
			1 ea	banana		
	08	Farmers Market Omelet	09	Breakfast Skillet	08	Farmers Market Omelet
	1 ea	cheese omelet	#8	breakfast potatoes	1 ea	cheese omelet
	#8	peppers & onion	#16	peppers and onions	#10	peppers & onion
	#8	broccoli or	1 ea	fried egg patty	#8	broccoli or
	#8	italian green beans	1 oz	cheddar cheese	#8	italian green beans
	1 ea	fresh apple	#8	capri blend	1 ea	fresh apple
	15	Mac & Cheese	16	Cheese Tortellini	15	Mac & Cheese
	#6	mac & cheese	#6	cheese tortellini	#6	mac & cheese
	#8	green beans	3 oz	marinara sauce	#8	green beans
	#8	diced cinnamon pears	1 oz	mozzarella cheese	#8	diced cinnamon pears
			#8	mixed vegetables		
	22	Farmers Market Omelet	23	Breakfast Skillet	22	Farmers Market Omelet
	1 ea	cheese omelet	#8	breakfast potatoes	1 ea	cheese omelet
	#10	peppers & onion	#16	peppers and onions	#10	peppers & onion
	#8	broccoli or	1 ea	fried egg patty	#8	broccoli or
	#8	italian green beans	1 oz	cheddar cheese	#8	italian green beans
	01	Mac & Cheese	02	Hearty Vegetable Stew	01	Mac & Cheese
	#6	mac & cheese	#6	hearty vegetable soup	#6	mac & cheese
	#8	green beans	#8	harvest grain medley	#8	green beans
	#8	diced cinnamon pears	#8	asparagus	#8	diced cinnamon pears
			1 ea	banana		

CHILLED PUREE MENU

JANUARY 2026

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Dec-29	29	Pureed Chicken w/ Gravy	30	Pureed Pork w/ Gravy	31	Pureed Fish	01	Pureed Ham	02	Pureed Beef & Cheddar	03	Pureed Turkey w/ Gravy	04	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 Jan-05	05	Pureed Chicken w/ Gravy	06	Pureed Pork w/ Gravy	07	Pureed Fish	08	Pureed Ham	09	Pureed Beef & Cheddar	10	Pureed Turkey w/ Gravy	11	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 Jan-12	12	Pureed Chicken w/ Gravy	13	Pureed Pork w/ Gravy	14	Pureed Fish	15	Pureed Ham	16	Pureed Beef & Cheddar	17	Pureed Turkey w/ Gravy	18	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 Jan-19	19	Pureed Chicken w/ Gravy	20	Pureed Pork w/ Gravy	21	Pureed Fish	22	Pureed Ham	23	Pureed Beef & Cheddar	24	Pureed Turkey w/ Gravy	25	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 Jan-26	26	Pureed Chicken w/ Gravy	27	Pureed Pork w/ Gravy	28	Pureed Fish	29	Pureed Ham	30	Pureed Beef & Cheddar	31	Pureed Turkey w/ Gravy	01	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
JANUARY 2026

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cycle 1 Dec-29	29	Pureed Pork w/ Gravy	30	Pureed Beef w/ Gravy	31	Pureed Ham	01	Pureed Beef & Cheddar	02	Pureed Turkey w/ Gravy	03	Pureed Fish	04	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 Jan-05	05	Pureed Pork w/ Gravy	06	Pureed Beef w/ Gravy	07	Pureed Ham	08	Pureed Beef & Cheddar	09	Pureed Turkey w/ Gravy	10	Pureed Fish	11	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 Jan-12	12	Pureed Pork w/ Gravy	13	Pureed Beef w/ Gravy	14	Pureed Ham	15	Pureed Beef & Cheddar	16	Pureed Turkey w/ Gravy	17	Pureed Fish	18	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 Jan-19	19	Pureed Pork w/ Gravy	20	Pureed Beef w/ Gravy	21	Pureed Ham	22	Pureed Beef & Cheddar	23	Pureed Turkey w/ Gravy	24	Pureed Fish	25	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 Jan-26	26	Pureed Pork w/ Gravy	27	Pureed Beef w/ Gravy	28	Pureed Ham	29	Pureed Beef & Cheddar	30	Pureed Turkey w/ Gravy	31	Pureed Fish	01	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
JANUARY 2026

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels																					
	Monday			Tuesday			Wednesday			Thursday			Friday		Saturday		Sunday				
Cycle 4 Dec-29	29	Salisbury Steak		30	Cheese Stuffed Shells		31	Chicken Nuggets		01	Hearty Vetable Stew		02	Chef's Choice		03	Chicken Alfredo		04	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 Jan-05	05	Meattoaf w/Gravy		06	Carrie's Homestyle Chicken & Noodles		07	Popcorn Chicken		08	Spaghetti & Meatballs		09	Chef's Choice		10	Three Bean Chili		11	Breakfast Skillet	
	1 ea	meattoaf slice					#8	mashed potatoes		#8	linguine noodles					8 oz	three bean chili		#8	breakfast potatoes	
	2 oz	herb beef gravy		#8	egg noodles		3 oz	peppered gravy		5 ea	turkey meatballs					1 ea	cornbread		#16	peppers and onions	
	#10	mashed potatoes		#10	diced chicken		1 oz	cheddar cheese		3 oz	marinara sauce					#8	diced carrots		1 ea	fried egg patty	
	#8	diced carrots		#6	chicken base		#8	boneless chicken		#8	diced carrots					#8	green beans		1 oz	cheddar cheese	
	#8	diced peaches		#8	mashed potatoes		#8	corn		#8	corn					1 ea	fresh banana		#8	capri blend	
				#8	peas and carrots		1 ea	orange											2 ea	turkey sausage links	
Cycle 2 Jan-12	12	Creamy Cheesy Bake		13	Grilled Chicken Breast		14	Chicken and Dumplings		15	Farmers Market Omelet		16	Chef's Choice		17	Country Fried Steak		18	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		1 ea	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 Jan-19	19	BBQ Chicken Breast		20	Johnny Marzetti		21	Waffle & Turkey Sausages		22	Hamburger & Macaroni & Cheese		23	Chef's Choice		24	Potato Breaded Fish		25	Santa Fe Chicken	
	1 ea	grilled chicken breast		#8	whole grain penne pasta		1 ea	whole grain waffle		1 ea	beef hamburger					1 ea	potato breaded fish		1 ea	chicken breast	
	2 oz	bbq sauce		3 oz	marinara sauce		2 ea	turkey sausage links		#10	macaroni and cheese					#8	scalloped potatoes		1 oz	salsa	
	#8	rosemary & garlic potatoes		#10	beef crumbles		1 ea	hash brown potato wedge		#8	broccoli					#8	succotash		1 oz	monterey jack cheese	
	#8	green beans		1 oz	mozzarella cheese		#8	diced pears		1 ea	fresh apple					1 ea	banana		#8	salsa rice	
	1 ea	orange		#8	green beans		1 ea	syrup		1 ea	hamburger bun								#8	fire roasted corn	
	1 ea	wheat bread		#8	corn																
				1 ea	banana																
Cycle 4 Jan-26	26	Salisbury Steak		27	Cheese Stuffed Shells		28	Chicken Nuggets		29	Hearty Vegetable Stew		30	Chef's Choice		31	Chicken Alfredo		01	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					#8	broccoli		#8	breakfast potatoes	
	#8	cinnamon applesauce		1 ea	banana		1 slc	wheat bread								#8	diced carrots		1 ea	apple	
																1 ea	banana				

KOSHER MENU
JANUARY 2026

Approved By: Penny S. Rudy RD, LD CPFS

LifeCare Alliance Meals-on-Wheels

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