

February | Mechanical Menu

If you need to cancel, please call 614-278-3152 or email nutritionops@lifecarealliance.org by 8:30 a.m.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 Beef Stroganoff • Rotini pasta • Ground beef • Stroganoff sauce • Peas and carrots • Diced pears	02 Creamy Cheesy Chicken Bake • Chicken breast • Mornay sauce • Brown rice • Peas with mushrooms	03 Grilled Chicken Breast • Wheat bread • Orange • Mixed vegetables Chicken Fritter Sandwich • Baked beans • Cinnamon pears	04 Chicken & Dumplings • Broccoli • Pineapple betty	05 Farmers Market Omelet • Breakfast potatoes • Apple • Italian green beans	06 Sausage Gravy & Biscuit • Rosemary garlic potatoes • Green beans Cheese Ravioli • Diced carrots • Banana	07 Country Fried Steak • Mashed potatoes • Peas and carrots • Oregon bean medley
08 Breakfast Skillet • Breakfast potatoes • Fried egg patty • Capri blend • Turkey sausage links	09 BBQ Chicken Breast • Rosemary garlic potatoes • Green beans • Orange • Wheat bread	10 Johnny Marzetti • Whole grain penne pasta • Ground beef • Green beans • Corn Uncle Chuck's Country Fried Steak Biscuit • Crunchy potato bites • Scrambled eggs	11 Waffle & Turkey Sausage • Turkey sausage links • Hash brown potato wedge • Diced pears	12 Hamburger & Macaroni & Cheese • Broccoli • Apple	13 Pork Riblet • Mashed potatoes • Peas • Diced carrots Cheese Tortellini • Mozzarella cheese • Diced carrots • Mixed vegetables	14 Chicken Nuggets • Italian blend • Yellow wax beans • Apple • Wheat bread
15 Santa Fe Chicken • Salsa • Monterey jack cheese • Salsa rice • Fire roasted corn	16 Salisbury Steak • Mashed potatoes • Green beans • Cinnamon applesauce • Herb beef gravy	17 Bratwurst with Peppers and Onions • Baby bakers • Baked beans Cheese Stuffed Shells • Peas and mushrooms • Cinnamon pears	18 Potato Breaded Fish • Scalloped potatoes • Succotash • Banana	19 Hearty Vegetable Stew • Harvest grain medley • Green beans • Applesauce	20 Country Fried Pork • Peas • Mashed potatoes Cheese Lasagna • Peas • Corn	21 Chicken Alfredo • Linguine noodles • Alfredo sauce • Diced chicken • Broccoli • Diced carrots • Banana
22 Farmers Market Omelet • Peppers and onions • Broccoli • Breakfast potatoes • Apple	23 Meatloaf w/ Gravy • Herb beef gravy • Mashed potatoes • Diced carrots • Diced peaches	24 Carrie's Homestyle Chicken • Mashed potatoes • Peas and carrots Fish Marinara • Oregon bean medley • Cinnamon apples	25 Popcorn Chicken Bowl • Mashed potatoes • Peppered gravy • Popcorn chicken • Cheddar cheese • Corn • Orange	26 Spaghetti and Meatballs • Linguine noodles • Turkey meatballs • Marinara sauce • Diced carrots • Corn	27 Kielbasa w/ Sauerkraut • Rosemary garlic potatoes • Cinnamon diced pears Macaroni & Cheese • Green beans • Cinnamon diced pears	28 Three Bean Chili • Cornbread • Diced carrots • Green beans • Banana

Art by Freepik

All meals include 8oz. milk. Exact serving sizes and detailed nutritional information available upon request. For questions regarding service call: 614-278-3152 | lifecarealliance.org Menus are Subject to Change | Menus approved by: Penny S. Rudy, RD, LD CPFS



We value your feedback!



Please take a moment to scan the QR code below with your phone to complete a short survey about your experience with our home-delivered meals. Your thoughts help us improve our service and ensure we're meeting your needs.



Home Delivered Meals Client Survey

Vegetarian Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Tortellini or Cheese Ravioli •Marinara sauce •Mozzarella cheese •Mixed vegetables •Diced carrots	Cheese Lasagna •Peas •Corn	Black Bean Burger •Macaroni and cheese •Broccoli •Apple	Mac & Cheese •Green beans •Diced cinnamon pears	Cheese Tortellini •Marinara sauce •Mozzarella cheese •Mixed vegetables •Diced carrots •Banana
Waffle & Vegetarian Sausage Breakfast •Potato wedge •Diced pears •Syrup	Cheese Stuffed Shells •Tomato basil sauce •Peas & mushrooms •Cinnamon pears	Vegetarian Chili •Carrot coins •Green beans •Cornbread •Banana	Farmers Market Omelet •Peppers & onion •Broccoli or Italian green beans •Apple •Breakfast potatoes	Breakfast Skillet •Breakfast potatoes •Peppers and onions •Fried egg patty •Cheddar cheese •Capri blend •Vegetarian sausage patty
Cheese Tortellini or Cheese Ravioli •Marinara sauce •Mozzarella cheese •Mixed vegetables •Diced carrots	Cheese Lasagna •Peas •Corn	Black Bean Burger •Macaroni and cheese •Broccoli •Apple	Mac & Cheese •Green beans •Diced cinnamon pears	Hearty Vegetable Stew •Harvest grain medley •Green beans •Banana
Waffle & Vegetarian Sausage Breakfast •Potato wedge •Diced pears •Syrup	Cheese Stuffed Shells •Tomato basil sauce •Peas & mushrooms •Cinnamon pears	Vegetarian Chili •Carrot coins •Green beans •Cornbread •Banana	Farmers Market Omelet •Peppers & onion •Broccoli or Italian green beans •Apple •Breakfast potatoes	Breakfast Skillet •Breakfast potatoes •Peppers and onions •Fried egg patty •Cheddar cheese •Capri blend •Vegetarian sausage patty

Puree Menu



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pureed Chicken w/Gravy - Pureed chicken - Pureed gravy - Pureed bread - Mashed potatoes - Pureed peas - Pureed pears	Pureed Pork w/ Gravy - Pureed pork - Pork gravy - Pureed bread - Mashed potatoes - Pureed broccoli - Pureed pineapple	Pureed Beef w/ Gravy - Pureed beef - Beef gravy - Pureed seasoned rice - Pureed carrots - Pureed mixed berry	Pureed French Toast - Pureed french toast - Pureed egg - Cream of wheat - Pureed pears	Pureed Beef & Cheddar - Pureed beef & cheddar - Mashed potatoes - Pureed green beans - Pureed peaches	Pureed Turkey w/Gravy - Pureed turkey - Poultry gravy - Pureed bread - Mashed potatoes - Pureed broccoli - Pureed pineapple	Pureed Waffle - Pureed waffle - Pureed sausage - Pureed cereal - Pureed mixed berry
Pureed Chicken w/Gravy - Pureed chicken - Pureed gravy - Pureed bread - Mashed potatoes - Pureed peas - Pureed pears	Pureed Pork w/ Gravy - Pureed pork - Pork gravy - Pureed bread - Mashed potatoes - Pureed broccoli - Pureed pineapple	Pureed Beef w/ Gravy - Pureed beef - Beef gravy - Pureed seasoned rice - Pureed carrots - Pureed mixed berry	Pureed French Toast - Pureed french toast - Pureed egg - Cream of wheat - Pureed pears	Pureed Beef & Cheddar - Pureed beef & cheddar - Mashed potatoes - Pureed green beans - Pureed peaches	Pureed Turkey w/Gravy - Pureed turkey - Poultry gravy - Pureed bread - Mashed potatoes - Pureed broccoli - Pureed pineapple	Pureed Waffle - Pureed waffle - Pureed sausage - Pureed cereal - Pureed mixed berry
Pureed Chicken w/Gravy - Pureed chicken - Pureed gravy - Pureed bread - Mashed potatoes - Pureed peas - Pureed pears	Pureed Pork w/ Gravy - Pureed pork - Pork gravy - Pureed bread - Mashed potatoes - Pureed broccoli - Pureed pineapple	Pureed Beef w/ Gravy - Pureed beef - Beef gravy - Pureed seasoned rice - Pureed carrots - Pureed mixed berry	Pureed French Toast - Pureed french toast - Pureed egg - Cream of wheat - Pureed pears	Pureed Beef & Cheddar - Pureed beef & cheddar - Mashed potatoes - Pureed green beans - Pureed peaches	Pureed Turkey w/Gravy - Pureed turkey - Poultry gravy - Pureed bread - Mashed potatoes - Pureed broccoli - Pureed pineapple	Pureed Waffle - Pureed waffle - Pureed sausage - Pureed cereal - Pureed mixed berry
Pureed Chicken w/Gravy - Pureed chicken - Pureed gravy - Pureed bread - Mashed potatoes - Pureed peas - Pureed pears	Pureed Pork w/ Gravy - Pureed pork - Pork gravy - Pureed bread - Mashed potatoes - Pureed broccoli - Pureed pineapple	Pureed Beef w/ Gravy - Pureed beef - Beef gravy - Pureed seasoned rice - Pureed carrots - Pureed mixed berry	Pureed French Toast - Pureed french toast - Pureed egg - Cream of wheat - Pureed pears	Pureed Beef & Cheddar - Pureed beef & cheddar - Mashed potatoes - Pureed green beans - Pureed peaches	Pureed Turkey w/Gravy - Pureed turkey - Poultry gravy - Pureed bread - Mashed potatoes - Pureed broccoli - Pureed pineapple	Pureed Waffle - Pureed waffle - Pureed sausage - Pureed cereal - Pureed mixed berry

Kosher Menu



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Vegetable Stuffed Peppers • Roasted potatoes • Green beans • Carrots • Red delicious apple • Mozzarella sticks • Kosher wheat bread	Chicken Chow Mein • Rice • Egg rolls • Orange • Kosher wheat bread	Meatloaf • Potato pudding • Peas • Carrots • Natural applesauce cup • Kosher wheat bread	Baked Fish • Penne pasta • Green beans • Carrots • Orange • Kosher wheat bread	Cheese Ravioli • Green beans • Peas • Pineapple tidbits cup • Kosher wheat bread	Pot Roast • Gravy • Mashed potatoes • Peas and carrots • Orange • Kosher wheat bread	Eggplant Parmigiana • Tomato sauce • Carrots • Broccoli • Mozzarella sticks • Orange • Kosher wheat bread
Stuffed Cabbage • Peas • Carrots • Apple • Kosher wheat bread	Chicken in a Pot • Matzoh balls • Peas • 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 with Gravy • Carrot Tzimmes • Egg barley • Pineapple tidbits cup • Kosher wheat bread	Spaghetti & Meatballs • Peas • Orange • Kosher wheat bread	Salisbury Steak • Gravy • Mashed potatoes • Broccoli • Banana • Kosher wheat bread
Vegetable Stuffed Peppers • Roasted potatoes • Green beans • Carrots • Red delicious apple • Mozzarella sticks • Kosher wheat bread	Chicken Chow Mein • Rice • Egg rolls • Orange • Kosher wheat bread	Meatloaf • Potato pudding • Peas • Carrots • Natural applesauce cup • Kosher wheat bread	Baked Fish • Penne pasta • Green beans • Carrots • Orange	Cheese Ravioli • Green beans • Peas • Pineapple tidbits cup • Kosher wheat bread	Pot Roast • Gravy • Mashed potatoes • Peas and carrots • Orange • Kosher wheat bread	Eggplant Parmigiana • Tomato sauce • Carrots • Broccoli • Mozzarella sticks • Orange • Kosher wheat bread
Stuffed Cabbage • Peas • Carrots • Apple • Kosher wheat bread	Chicken in a Pot • Matzoh balls • Peas • 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 with Gravy • Carrot Tzimmes • Egg barley • Pineapple tidbits cup • Kosher wheat bread	Spaghetti & Meatballs • Peas • Orange • Kosher wheat bread	Salisbury Steak • Gravy • Mashed potatoes • Broccoli • Banana • Kosher wheat bread

