

March | 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 <ul style="list-style-type: none"> • Rotini pasta • Ground beef • Stroganoff sauce • Peas and carrots • Diced pears 	02 Creamy Cheesy Chicken Bake <ul style="list-style-type: none"> • Chicken breast • Mornay sauce • Brown rice • Peas with mushrooms 	03 Three Bean Chili <ul style="list-style-type: none"> • Cornbread • Carrot coins • Green beans 	04 Chicken & Dumplings <ul style="list-style-type: none"> • Broccoli • Pineapple betty 	05 Farmers Market Omelet <ul style="list-style-type: none"> • Breakfast potatoes • Apple • Italian green beans 	06 Cheese Ravioli <ul style="list-style-type: none"> • Marinara sauce • Peas • Diced Carrots • Banana 	07 Country Fried Steak <ul style="list-style-type: none"> • Mashed potatoes • Peas and carrots • Oregon bean medley
08 Breakfast Skillet <ul style="list-style-type: none"> • Breakfast potatoes • Fried egg patty • Capri blend • Turkey sausage links 	09 BBQ Chicken Breast <ul style="list-style-type: none"> • Rosemary garlic potatoes • Green beans • Orange • Wheat bread 	10 Johnny Marzetti <ul style="list-style-type: none"> • Whole grain penne pasta • Ground beef • Green beans • Corn 	11 Cheese Ravioli <ul style="list-style-type: none"> • Marinara sauce • Peas • Diced Carrots • Banana 	12 Salisbury Steak <ul style="list-style-type: none"> • Mashed potatoes • Green beans • Cinnamon applesauce • Herb beef gravy 	13 Cheese Tortellini <ul style="list-style-type: none"> • Marinara sauce • Mozzarella cheese • Diced carrots • Mixed vegetables 	14 Potato Breaded Fish <ul style="list-style-type: none"> • Scalloped potatoes • Succotash • Banana
15 Santa Fe Chicken <ul style="list-style-type: none"> • Salsa • Monterey jack cheese • Salsa rice • Fire roasted corn 	16 Salisbury Steak <ul style="list-style-type: none"> • Mashed potatoes • Green beans • Cinnamon applesauce • Herb beef gravy 	17 Cheese Stuffed Shells <ul style="list-style-type: none"> • Tomato basil sauce • Peas and mushrooms • Cinnamon pears 	18 Spaghetti and Meatballs <ul style="list-style-type: none"> • Linguine noodles • Turkey meatballs • Marinara sauce • Diced carrots • Corn 	19 Hearty Vegetable Stew <ul style="list-style-type: none"> • Harvest grain medley • Green beans • Applesauce 	20 Cheese Lasagna <ul style="list-style-type: none"> • Peas • Corn 	21 Chicken Alfredo <ul style="list-style-type: none"> • Linguine noodles • Alfredo sauce • Diced chicken • Broccoli • Diced carrots • Banana
22 Farmers Market Omelet <ul style="list-style-type: none"> • Peppers and onions • Broccoli • Breakfast potatoes • Apple 	23 Meatloaf w/ Gravy <ul style="list-style-type: none"> • Herb beef gravy • Mashed potatoes • Diced carrots • Diced peaches 	24 Carrie's Homestyle Chicken <ul style="list-style-type: none"> • Mashed potatoes • Peas and carrots 	25 Popcorn Chicken Bowl <ul style="list-style-type: none"> • Mashed potatoes • Peppered gravy • Popcorn chicken • Cheddar cheese • Corn • Orange 	26 Spaghetti and Meatballs <ul style="list-style-type: none"> • Linguine noodles • Turkey meatballs • Marinara sauce • Diced carrots • Corn 	27 Macaroni & Cheese <ul style="list-style-type: none"> • Green beans • Cinnamon diced pears 	28 Three Bean Chili <ul style="list-style-type: none"> • Cornbread • Diced carrots • Green beans • Banana
29 Beef Stroganoff <ul style="list-style-type: none"> • Rotini pasta • Ground beef • Stroganoff sauce • Peas and carrots • Diced pears 	30 Creamy Cheesy Chicken Bake <ul style="list-style-type: none"> • Chicken breast • Mornay sauce • Brown rice • Peas with mushrooms 	31 Three Bean Chili <ul style="list-style-type: none"> • Cornbread • Carrot coins • Green beans 				

Catherine Nelson Black



This March, we honor our founder (Catherine Nelson Black) during National Women's History Month. Inspired by her vision, IDNA became the state's first home healthcare program in 1898, bringing medical care and health education to underserved families and immigrants. She set out to care for those "nobody else paid any attention to" - a mission we continue today.

Over the years, we expanded to include Wellness Centers (1969), the NICE meals program (1973)- now our Meals-on-Wheels and dining services - Help-at-Home (1975), and, in 1987, a new name reflecting our commitment to supporting independent living through every stage of aging.



Vegetarian Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cheese Tortellini or Cheese Ravioli</p> <ul style="list-style-type: none"> •Marinara sauce •Mozzarella cheese •Mixed vegetables •Diced carrots 	<p>Cheese Lasagna</p> <ul style="list-style-type: none"> •Peas •Corn 	<p>Black Bean Burger</p> <ul style="list-style-type: none"> •Macaroni and cheese •Broccoli •Apple 	<p>Mac & Cheese</p> <ul style="list-style-type: none"> •Green beans •Diced cinnamon pears 	<p>Cheese Tortellini</p> <ul style="list-style-type: none"> •Marinara sauce •Mozzarella cheese •Mixed vegetables •Diced carrots •Banana
<p>Waffle & Vegetarian Sausage Breakfast</p> <ul style="list-style-type: none"> •Potato wedge •Diced pears •Syrup 	<p>Cheese Stuffed Shells</p> <ul style="list-style-type: none"> •Tomato basil sauce •Peas & mushrooms •Cinnamon pears 	<p>Vegetarian Chili</p> <ul style="list-style-type: none"> •Carrot coins •Green beans •Cornbread •Banana 	<p>Farmers Market Omelet</p> <ul style="list-style-type: none"> •Peppers & onion •Broccoli or Italian green beans •Apple •Breakfast potatoes 	<p>Breakfast Skillet</p> <ul style="list-style-type: none"> •Breakfast potatoes •Peppers and onions •Fried egg patty •Cheddar cheese •Capri blend •Vegetarian sausage patty
<p>Cheese Tortellini or Cheese Ravioli</p> <ul style="list-style-type: none"> •Marinara sauce •Mozzarella cheese •Mixed vegetables •Diced carrots 	<p>Cheese Lasagna</p> <ul style="list-style-type: none"> •Peas •Corn 	<p>Black Bean Burger</p> <ul style="list-style-type: none"> •Macaroni and cheese •Broccoli •Apple 	<p>Mac & Cheese</p> <ul style="list-style-type: none"> •Green beans •Diced cinnamon pears 	<p>Hearty Vegetable Stew</p> <ul style="list-style-type: none"> •Harvest grain medley •Green beans •Banana
<p>Waffle & Vegetarian Sausage Breakfast</p> <ul style="list-style-type: none"> •Potato wedge •Diced pears •Syrup 	<p>Cheese Stuffed Shells</p> <ul style="list-style-type: none"> •Tomato basil sauce •Peas & mushrooms •Cinnamon pears 	<p>Vegetarian Chili</p> <ul style="list-style-type: none"> •Carrot coins •Green beans •Cornbread •Banana 	<p>Farmers Market Omelet</p> <ul style="list-style-type: none"> •Peppers & onion •Broccoli or Italian green beans •Apple •Breakfast potatoes 	<p>Breakfast Skillet</p> <ul style="list-style-type: none"> •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
<p>Pureed Chicken w/Gravy</p> <ul style="list-style-type: none"> • Pureed chicken • Pureed gravy • Pureed bread • Mashed potatoes • Pureed peas • Pureed pears 	<p>Pureed Pork w/ Gravy</p> <ul style="list-style-type: none"> • Pureed pork • Pork gravy • Pureed bread • Mashed potatoes • Pureed broccoli • Pureed pineapple 	<p>Pureed Beef w/ Gravy</p> <ul style="list-style-type: none"> • Pureed beef • Beef gravy • Pureed seasoned rice • Pureed carrots • Pureed mixed berry 	<p>Pureed French Toast</p> <ul style="list-style-type: none"> • Pureed french toast • Pureed egg • Cream of wheat • Pureed pears 	<p>Pureed Beef & Cheddar</p> <ul style="list-style-type: none"> • Pureed beef & cheddar • Mashed potatoes • Pureed green beans • Pureed peaches 	<p>Pureed Turkey w/Gravy</p> <ul style="list-style-type: none"> • Pureed turkey • Poultry gravy • Pureed bread • Mashed potatoes • Pureed broccoli • Pureed pineapple 	<p>Pureed Waffle</p> <ul style="list-style-type: none"> • Pureed waffle • Pureed sausage • Pureed cereal • Pureed mixed berry
<p>Pureed Chicken w/Gravy</p> <ul style="list-style-type: none"> • Pureed chicken • Pureed gravy • Pureed bread • Mashed potatoes • Pureed peas • Pureed pears 	<p>Pureed Pork w/ Gravy</p> <ul style="list-style-type: none"> • Pureed pork • Pork gravy • Pureed bread • Mashed potatoes • Pureed broccoli • Pureed pineapple 	<p>Pureed Beef w/ Gravy</p> <ul style="list-style-type: none"> • Pureed beef • Beef gravy • Pureed seasoned rice • Pureed carrots • Pureed mixed berry 	<p>Pureed French Toast</p> <ul style="list-style-type: none"> • Pureed french toast • Pureed egg • Cream of wheat • Pureed pears 	<p>Pureed Beef & Cheddar</p> <ul style="list-style-type: none"> • Pureed beef & cheddar • Mashed potatoes • Pureed green beans • Pureed peaches 	<p>Pureed Turkey w/Gravy</p> <ul style="list-style-type: none"> • Pureed turkey • Poultry gravy • Pureed bread • Mashed potatoes • Pureed broccoli • Pureed pineapple 	<p>Pureed Waffle</p> <ul style="list-style-type: none"> • Pureed waffle • Pureed sausage • Pureed cereal • Pureed mixed berry
<p>Pureed Chicken w/Gravy</p> <ul style="list-style-type: none"> • Pureed chicken • Pureed gravy • Pureed bread • Mashed potatoes • Pureed peas • Pureed pears 	<p>Pureed Pork w/ Gravy</p> <ul style="list-style-type: none"> • Pureed pork • Pork gravy • Pureed bread • Mashed potatoes • Pureed broccoli • Pureed pineapple 	<p>Pureed Beef w/ Gravy</p> <ul style="list-style-type: none"> • Pureed beef • Beef gravy • Pureed seasoned rice • Pureed carrots • Pureed mixed berry 	<p>Pureed French Toast</p> <ul style="list-style-type: none"> • Pureed french toast • Pureed egg • Cream of wheat • Pureed pears 	<p>Pureed Beef & Cheddar</p> <ul style="list-style-type: none"> • Pureed beef & cheddar • Mashed potatoes • Pureed green beans • Pureed peaches 	<p>Pureed Turkey w/Gravy</p> <ul style="list-style-type: none"> • Pureed turkey • Poultry gravy • Pureed bread • Mashed potatoes • Pureed broccoli • Pureed pineapple 	<p>Pureed Waffle</p> <ul style="list-style-type: none"> • Pureed waffle • Pureed sausage • Pureed cereal • Pureed mixed berry
<p>Pureed Chicken w/Gravy</p> <ul style="list-style-type: none"> • Pureed chicken • Pureed gravy • Pureed bread • Mashed potatoes • Pureed peas • Pureed pears 	<p>Pureed Pork w/ Gravy</p> <ul style="list-style-type: none"> • Pureed pork • Pork gravy • Pureed bread • Mashed potatoes • Pureed broccoli • Pureed pineapple 	<p>Pureed Beef w/ Gravy</p> <ul style="list-style-type: none"> • Pureed beef • Beef gravy • Pureed seasoned rice • Pureed carrots • Pureed mixed berry 	<p>Pureed French Toast</p> <ul style="list-style-type: none"> • Pureed french toast • Pureed egg • Cream of wheat • Pureed pears 	<p>Pureed Beef & Cheddar</p> <ul style="list-style-type: none"> • Pureed beef & cheddar • Mashed potatoes • Pureed green beans • Pureed peaches 	<p>Pureed Turkey w/Gravy</p> <ul style="list-style-type: none"> • Pureed turkey • Poultry gravy • Pureed bread • Mashed potatoes • Pureed broccoli • Pureed pineapple 	<p>Pureed Waffle</p> <ul style="list-style-type: none"> • Pureed waffle • Pureed sausage • Pureed cereal • Pureed mixed berry

Kosher Menu



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Vegetable Stuffed Peppers</p> <ul style="list-style-type: none"> • Roasted potatoes • Green beans • Carrots • Red delicious apple • Mozzarella sticks • Kosher wheat bread 	<p>Chicken Chow Mein</p> <ul style="list-style-type: none"> • Rice • Egg rolls • Orange • Kosher wheat bread 	<p>Meatloaf</p> <ul style="list-style-type: none"> • Potato pudding • Peas • Carrots • Natural applesauce cup • Kosher wheat bread 	<p>Baked Fish</p> <ul style="list-style-type: none"> • Penne pasta • Green beans • Carrots • Orange • Kosher wheat bread 	<p>Cheese Ravioli</p> <ul style="list-style-type: none"> • Green beans • Peas • Pineapple tidbits cup • Kosher wheat bread 	<p>Pot Roast</p> <ul style="list-style-type: none"> • Gravy • Mashed potatoes • Peas and carrots • Orange • Kosher wheat bread 	<p>Eggplant Parmigiana</p> <ul style="list-style-type: none"> • Tomato sauce • Carrots • Broccoli • Mozzarella sticks • Orange • Kosher wheat bread
<p>Stuffed Cabbage</p> <ul style="list-style-type: none"> • Peas • Carrots • Apple • Kosher wheat bread 	<p>Chicken in a Pot</p> <ul style="list-style-type: none"> • Matzoh balls • Peas • Orange • Kosher wheat bread 	<p>Vegetable Lasagna</p> <ul style="list-style-type: none"> • Sliced carrots • Corn • Natural applesauce cup • Kosher wheat bread 	<p>Roasted Turkey Breast</p> <ul style="list-style-type: none"> • Roasted sweet potatoes • Peas • Peach cup • Kosher wheat bread 	<p>Chicken Breast with Gravy</p> <ul style="list-style-type: none"> • Carrot Tzimmes • Egg barley • Pineapple tidbits cup • Kosher wheat bread 	<p>Spaghetti & Meatballs</p> <ul style="list-style-type: none"> • Peas • Orange • Kosher wheat bread 	<p>Salisbury Steak</p> <ul style="list-style-type: none"> • Gravy • Mashed potatoes • Broccoli • Banana • Kosher wheat bread
<p>Vegetable Stuffed Peppers</p> <ul style="list-style-type: none"> • Roasted potatoes • Green beans • Carrots • Red delicious apple • Mozzarella sticks • Kosher wheat bread 	<p>Chicken Chow Mein</p> <ul style="list-style-type: none"> • Rice • Egg rolls • Orange • Kosher wheat bread 	<p>Meatloaf</p> <ul style="list-style-type: none"> • Potato pudding • Peas • Carrots • Natural applesauce cup • Kosher wheat bread 	<p>Baked Fish</p> <ul style="list-style-type: none"> • Penne pasta • Green beans • Carrots • Orange 	<p>Cheese Ravioli</p> <ul style="list-style-type: none"> • Green beans • Peas • Pineapple tidbits cup • Kosher wheat bread 	<p>Pot Roast</p> <ul style="list-style-type: none"> • Gravy • Mashed potatoes • Peas and carrots • Orange • Kosher wheat bread 	<p>Eggplant Parmigiana</p> <ul style="list-style-type: none"> • Tomato sauce • Carrots • Broccoli • Mozzarella sticks • Orange • Kosher wheat bread
<p>Stuffed Cabbage</p> <ul style="list-style-type: none"> • Peas • Carrots • Apple • Kosher wheat bread 	<p>Chicken in a Pot</p> <ul style="list-style-type: none"> • Matzoh balls • Peas • Orange • Kosher wheat bread 	<p>Vegetable Lasagna</p> <ul style="list-style-type: none"> • Sliced carrots • Corn • Natural applesauce cup • Kosher wheat bread 	<p>Roasted Turkey Breast</p> <ul style="list-style-type: none"> • Roasted sweet potatoes • Peas • Peach cup • Kosher wheat bread 	<p>Chicken Breast with Gravy</p> <ul style="list-style-type: none"> • Carrot Tzimmes • Egg barley • Pineapple tidbits cup • Kosher wheat bread 	<p>Spaghetti & Meatballs</p> <ul style="list-style-type: none"> • Peas • Orange • Kosher wheat bread 	<p>Salisbury Steak</p> <ul style="list-style-type: none"> • Gravy • Mashed potatoes • Broccoli • Banana • Kosher wheat bread

