

April | 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
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 • Banana or fruit cup 	01 Chicken & Dumplings <ul style="list-style-type: none"> • Broccoli • Pineapple betty 	02 Farmers Market Omelet <ul style="list-style-type: none"> • Breakfast potatoes • Applesauce cup • Italian green beans 	03 Cheese Ravioli <ul style="list-style-type: none"> • Marinara sauce • Peas • Diced Carrots • Banana 	04 Country Fried Steak <ul style="list-style-type: none"> • Mashed potatoes • Peas and carrots • Oregon bean medley
05 Breakfast Skillet <ul style="list-style-type: none"> • Breakfast potatoes • Fried egg patty • Capri blend • Turkey sausage links 	06 BBQ Chicken Breast <ul style="list-style-type: none"> • Rosemary garlic potatoes • Green beans • Applesauce cup • Wheat bread 	07 Johnny Marzetti <ul style="list-style-type: none"> • Whole grain penne pasta • Ground beef • Green beans • Corn • Banana 	08 Cheese Ravioli <ul style="list-style-type: none"> • Marinara sauce • Peas • Diced Carrots • Banana 	09 Salisbury Steak <ul style="list-style-type: none"> • Mashed potatoes • Green beans • Cinnamon applesauce • Herb beef gravy 	10 Cheese Tortellini <ul style="list-style-type: none"> • Marinara sauce • Mozzarella cheese • Diced carrots • Mixed vegetables 	11 Potato Breaded Fish <ul style="list-style-type: none"> • Scalloped potatoes • Succotash • Banana
12 Santa Fe Chicken <ul style="list-style-type: none"> • Salsa • Monterey jack cheese • Salsa rice • Fire roasted corn 	13 Salisbury Steak <ul style="list-style-type: none"> • Mashed potatoes • Green beans • Cinnamon applesauce • Herb beef gravy 	14 Cheese Stuffed Shells <ul style="list-style-type: none"> • Tomato basil sauce • Peas and mushrooms • Cinnamon pears 	15 Spaghetti and Meatballs <ul style="list-style-type: none"> • Linguine noodles • Turkey meatballs • Marinara sauce • Diced carrots • Corn 	16 Hearty Vegetable Stew <ul style="list-style-type: none"> • Harvest grain medley • Green beans • Applesauce 	17 Cheese Lasagna <ul style="list-style-type: none"> • Peas • Corn 	18 Chicken Alfredo <ul style="list-style-type: none"> • Linguine noodles • Alfredo sauce • Diced chicken • Broccoli • Diced carrots • Banana
19 Farmers Market Omelet <ul style="list-style-type: none"> • Peppers and onions • Broccoli • Breakfast potatoes • Apple 	20 Meatloaf w/ Gravy <ul style="list-style-type: none"> • Herb beef gravy • Mashed potatoes • Diced carrots • Diced peaches 	21 Carrie's Homestyle Chicken <ul style="list-style-type: none"> • Mashed potatoes • Peas and carrots 	22 Popcorn Chicken Bowl <ul style="list-style-type: none"> • Mashed potatoes • Peppered gravy • Popcorn chicken • Cheddar cheese • Corn • Orange 	23 Spaghetti and Meatballs <ul style="list-style-type: none"> • Linguine noodles • Turkey meatballs • Marinara sauce • Diced carrots • Corn 	24 Macaroni & Cheese <ul style="list-style-type: none"> • Green beans • Cinnamon diced pears 	25 Three Bean Chili <ul style="list-style-type: none"> • Cornbread • Diced carrots • Green beans • Banana
26 Beef Stroganoff <ul style="list-style-type: none"> • Rotini pasta • Ground beef • Stroganoff sauce • Peas and carrots • Diced pears 	27 Creamy Cheesy Chicken Bake <ul style="list-style-type: none"> • Chicken breast • Mornay sauce • Brown rice • Peas with mushrooms 	28 Three Bean Chili <ul style="list-style-type: none"> • Cornbread • Carrot coins • Green beans • Banana or fruit cup 	29 Chicken & Dumplings <ul style="list-style-type: none"> • Broccoli • Pineapple betty 	30 Farmers Market Omelet <ul style="list-style-type: none"> • Breakfast potatoes • Applesauce cup • Italian green beans 		

Volunteer Appreciation

April is Volunteer Appreciation Month, the perfect time to recognize our incredible volunteers and the impact they make. This year, they shined during "Winter Storm Fern" and were featured in an article in the Columbus Dispatch.

"On Feb. 6, when heavy snow once again fell on central Ohio, the nonprofit continued its meal deliveries, supporting senior clients and others who had difficulty accessing food."

"With walkways hazardous, 50 individuals volunteered to shovel driveways and sidewalks to ensure deliveries reached their neighbors."

For the complete article, scan the QR code below.

We appreciate our volunteers more than words can say!



Art by Freepik

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

