

# June | Mechanical Menu



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

Sunday meals will be provided as a chilled or frozen meal delivered in advance (typically with Saturday delivery), with the option to receive weekend meals frozen during the week; all meals are designed to meet nutritional requirements across a full seven-day menu. Call our office 614-278-3152 if you have questions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>01 BBQ Chicken Breast</b></p> <ul style="list-style-type: none"> <li>Rosemary garlic potatoes</li> <li>Green beans</li> <li>Orange</li> <li>Wheat bread</li> </ul>	<p><b>02 Johnny Marzetti</b></p> <ul style="list-style-type: none"> <li>Whole grain penne pasta</li> <li>Ground beef</li> <li>Green beans</li> <li>Corn</li> </ul> <p><b>Uncle Chuck's Country Fried Steak Biscuit</b></p> <ul style="list-style-type: none"> <li>Crunchy potato bites</li> <li>Scrambled eggs</li> </ul>	<p><b>03 Waffle &amp; Turkey Sausage</b></p> <ul style="list-style-type: none"> <li>Turkey sausage links</li> <li>Hash brown potato wedge</li> <li>Diced pears</li> </ul>	<p><b>04 Hamburger &amp; Macaroni &amp; Cheese</b></p> <ul style="list-style-type: none"> <li>Broccoli</li> <li>Apple</li> </ul>	<p><b>05 Pork Riblet</b></p> <ul style="list-style-type: none"> <li>Mashed potatoes</li> <li>Peas</li> <li>Diced carrots</li> </ul> <p><b>Cheese Tortellini</b></p> <ul style="list-style-type: none"> <li>Mozzarella cheese</li> <li>Diced carrots</li> <li>Mixed vegetables</li> </ul>	<p><b>06 Potato Fish</b></p> <ul style="list-style-type: none"> <li>Scalloped potatoes</li> <li>Succotash</li> <li>Banana</li> </ul>
<p><b>08 Salisbury Steak</b></p> <ul style="list-style-type: none"> <li>Mashed potatoes</li> <li>Green beans</li> <li>Cinnamon applesauce</li> <li>Herb beef gravy</li> </ul>	<p><b>09 Homestyle Chicken Broccoli Rice Bake</b></p> <ul style="list-style-type: none"> <li>Peas</li> <li>Applesauce</li> </ul> <p><b>Cheese Stuffed Shells</b></p> <ul style="list-style-type: none"> <li>Peas and mushrooms</li> <li>Cinnamon pears</li> </ul>	<p><b>10 Chicken Nuggets</b></p> <ul style="list-style-type: none"> <li>Italian blend</li> <li>Yellow wax beans</li> <li>Apple</li> <li>Wheat bread</li> </ul>	<p><b>11 Hearty Vegetable Stew</b></p> <ul style="list-style-type: none"> <li>Harvest grain medley</li> <li>Green beans</li> <li>Applesauce</li> </ul>	<p><b>12 Bratwurst w/ Peppers &amp; Onions</b></p> <ul style="list-style-type: none"> <li>Baby bakiers</li> <li>Baked beans</li> </ul> <p><b>Cheese Lasagna</b></p> <ul style="list-style-type: none"> <li>Peas</li> <li>Corn</li> </ul>	<p><b>13 Chicken Alfredo</b></p> <ul style="list-style-type: none"> <li>Linguine noodles</li> <li>Alfredo sauce</li> <li>Diced chicken</li> <li>Broccoli</li> <li>Diced carrots</li> <li>Banana</li> </ul>
<p><b>15 Meatloaf w/Gravy</b></p> <ul style="list-style-type: none"> <li>Herb beef gravy</li> <li>Mashed potatoes</li> <li>Diced carrots</li> <li>Diced peaches</li> </ul>	<p><b>16 Carrie's Homestyle Chicken</b></p> <ul style="list-style-type: none"> <li>Mashed potatoes</li> <li>Peas and carrots</li> </ul> <p><b>Fish Marinara</b></p> <ul style="list-style-type: none"> <li>Oregon bean medley</li> <li>Cinnamon apples</li> </ul>	<p><b>17 Popcorn Chicken Bowl</b></p> <ul style="list-style-type: none"> <li>Mashed potatoes</li> <li>Peppered gravy</li> <li>Popcorn chicken</li> <li>Cheddar cheese</li> <li>Corn</li> <li>Orange</li> </ul>	<p><b>18 Spaghetti and Meatballs</b></p> <ul style="list-style-type: none"> <li>Linguine noodles</li> <li>Turkey meatballs</li> <li>Marinara sauce</li> <li>Diced carrots</li> <li>Corn</li> </ul>	<p><b>19 Kielbasa w/ Sauerkraut</b></p> <ul style="list-style-type: none"> <li>Rosemary garlic potatoes</li> <li>Cinnamon diced pears</li> </ul> <p><b>Macaroni &amp; Cheese</b></p> <ul style="list-style-type: none"> <li>Green beans</li> <li>Cinnamon diced pears</li> </ul>	<p><b>20 Three Bean Chili</b></p> <ul style="list-style-type: none"> <li>Cornbread</li> <li>Diced carrots</li> <li>Green beans</li> <li>Banana</li> </ul>
<p><b>22 Creamy Cheesy Chicken Bake</b></p> <ul style="list-style-type: none"> <li>Chicken breast</li> <li>Mornay sauce</li> <li>Brown rice</li> <li>Peas with mushrooms</li> </ul>	<p><b>23 Grilled Chicken Breast</b></p> <ul style="list-style-type: none"> <li>Wheat bread</li> <li>Orange</li> <li>Mixed vegetables</li> </ul> <p><b>Chicken Fritter Sandwich</b></p> <ul style="list-style-type: none"> <li>Baked beans</li> <li>Cinnamon pears</li> </ul>	<p><b>24 Chicken &amp; Dumplings</b></p> <ul style="list-style-type: none"> <li>Broccoli</li> <li>Pineapple betty</li> </ul>	<p><b>25 Farmers Market Omelet</b></p> <ul style="list-style-type: none"> <li>Breakfast potatoes</li> <li>Apple</li> <li>Italian green beans</li> </ul>	<p><b>26 Sausage Gravy &amp; Biscuit</b></p> <ul style="list-style-type: none"> <li>Rosemary garlic potatoes</li> <li>Green beans</li> </ul> <p><b>Cheese Ravioli</b></p> <ul style="list-style-type: none"> <li>Peas</li> <li>Diced carrots</li> </ul>	<p><b>27 Country Fried Steak</b></p> <ul style="list-style-type: none"> <li>Mashed potatoes</li> <li>Peas and carrots</li> <li>Oregon bean medley</li> </ul>
<p><b>29 BBQ Chicken Breast</b></p> <ul style="list-style-type: none"> <li>Rosemary garlic potatoes</li> <li>Green beans</li> <li>Orange</li> <li>Wheat bread</li> </ul>	<p><b>30 Johnny Marzetti</b></p> <ul style="list-style-type: none"> <li>Whole grain penne pasta</li> <li>Ground beef</li> <li>Green beans</li> <li>Corn</li> </ul> <p><b>Uncle Chuck's Country Fried Steak Biscuit</b></p> <ul style="list-style-type: none"> <li>Crunchy potato bites</li> <li>Scrambled eggs</li> </ul>				

# Happy Father's Day!



Father's Day is a time to reminisce and cherish the countless memories shared with our senior fathers. From childhood adventures to heart-to-heart conversations, each moment is a precious gift that we hold dear. As we gather to celebrate, we honor the laughter, the tears, and the bond that binds us together. These memories serve as a testament to the profound impact our senior fathers have had on our lives and the legacy they have created.

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](http://lifecarealliance.org) Menus are Subject to Change | Menus approved by: Penny S. Rudy, RD, LD CPFS



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# Vegetarian Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Cheese Tortellini or Cheese Ravioli</b></p> <ul style="list-style-type: none"> <li>•Marinara sauce</li> <li>•Mozzarella cheese</li> <li>•Mixed vegetables</li> <li>•Diced carrots</li> </ul>	<p><b>Cheese Lasagna</b></p> <ul style="list-style-type: none"> <li>•Peas</li> <li>•Corn</li> </ul>	<p><b>Black Bean Burger</b></p> <ul style="list-style-type: none"> <li>•Macaroni and cheese</li> <li>•Broccoli</li> <li>•Apple</li> </ul>	<p><b>Mac &amp; Cheese</b></p> <ul style="list-style-type: none"> <li>•Green beans</li> <li>•Diced cinnamon pears</li> </ul>	<p><b>Cheese Tortellini</b></p> <ul style="list-style-type: none"> <li>•Marinara sauce</li> <li>•Mozzarella cheese</li> <li>•Mixed vegetables</li> <li>•Diced carrots</li> <li>•Banana</li> </ul>
<p><b>Waffle &amp; Vegetarian Sausage Breakfast</b></p> <ul style="list-style-type: none"> <li>•Potato wedge</li> <li>•Diced pears</li> <li>•Syrup</li> </ul>	<p><b>Cheese Stuffed Shells</b></p> <ul style="list-style-type: none"> <li>•Tomato basil sauce</li> <li>•Peas &amp; mushrooms</li> <li>•Cinnamon pears</li> </ul>	<p><b>Vegetarian Chili</b></p> <ul style="list-style-type: none"> <li>•Carrot coins</li> <li>•Green beans</li> <li>•Cornbread</li> <li>•Banana</li> </ul>	<p><b>Farmers Market Omelet</b></p> <ul style="list-style-type: none"> <li>•Peppers &amp; onion</li> <li>•Broccoli or Italian green beans</li> <li>•Apple</li> <li>•Breakfast potatoes</li> </ul>	<p><b>Breakfast Skillet</b></p> <ul style="list-style-type: none"> <li>•Breakfast potatoes</li> <li>•Peppers and onions</li> <li>•Fried egg patty</li> <li>•Cheddar cheese</li> <li>•Capri blend</li> <li>•Vegetarian sausage patty</li> </ul>
<p><b>Cheese Tortellini or Cheese Ravioli</b></p> <ul style="list-style-type: none"> <li>•Marinara sauce</li> <li>•Mozzarella cheese</li> <li>•Mixed vegetables</li> <li>•Diced carrots</li> </ul>	<p><b>Cheese Lasagna</b></p> <ul style="list-style-type: none"> <li>•Peas</li> <li>•Corn</li> </ul>	<p><b>Black Bean Burger</b></p> <ul style="list-style-type: none"> <li>•Macaroni and cheese</li> <li>•Broccoli</li> <li>•Apple</li> </ul>	<p><b>Mac &amp; Cheese</b></p> <ul style="list-style-type: none"> <li>•Green beans</li> <li>•Diced cinnamon pears</li> </ul>	<p><b>Hearty Vegetable Stew</b></p> <ul style="list-style-type: none"> <li>•Harvest grain medley</li> <li>•Green beans</li> <li>•Banana</li> </ul>
<p><b>Waffle &amp; Vegetarian Sausage Breakfast</b></p> <ul style="list-style-type: none"> <li>•Potato wedge</li> <li>•Diced pears</li> <li>•Syrup</li> </ul>	<p><b>Cheese Stuffed Shells</b></p> <ul style="list-style-type: none"> <li>•Tomato basil sauce</li> <li>•Peas &amp; mushrooms</li> <li>•Cinnamon pears</li> </ul>	<p><b>Vegetarian Chili</b></p> <ul style="list-style-type: none"> <li>•Carrot coins</li> <li>•Green beans</li> <li>•Cornbread</li> <li>•Banana</li> </ul>	<p><b>Farmers Market Omelet</b></p> <ul style="list-style-type: none"> <li>•Peppers &amp; onion</li> <li>•Broccoli or Italian green beans</li> <li>•Apple</li> <li>•Breakfast potatoes</li> </ul>	<p><b>Breakfast Skillet</b></p> <ul style="list-style-type: none"> <li>•Breakfast potatoes</li> <li>•Peppers and onions</li> <li>•Fried egg patty</li> <li>•Cheddar cheese</li> <li>•Capri blend</li> <li>•Vegetarian sausage patty</li> </ul>

# Puree Menu



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Pureed Chicken w/Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed chicken</li> <li>• Pureed gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed peas</li> <li>• Pureed pears</li> </ul>	<p><b>Pureed Pork w/ Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed pork</li> <li>• Pork gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed broccoli</li> <li>• Pureed pineapple</li> </ul>	<p><b>Pureed Beef w/ Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed beef</li> <li>• Beef gravy</li> <li>• Pureed seasoned rice</li> <li>• Pureed carrots</li> <li>• Pureed mixed berry</li> </ul>	<p><b>Pureed French Toast</b></p> <ul style="list-style-type: none"> <li>• Pureed french toast</li> <li>• Pureed egg</li> <li>• Cream of wheat</li> <li>• Pureed pears</li> </ul>	<p><b>Pureed Beef &amp; Cheddar</b></p> <ul style="list-style-type: none"> <li>• Pureed beef &amp; cheddar</li> <li>• Mashed potatoes</li> <li>• Pureed green beans</li> <li>• Pureed peaches</li> </ul>	<p><b>Pureed Turkey w/Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed turkey</li> <li>• Poultry gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed broccoli</li> <li>• Pureed pineapple</li> </ul>	<p><b>Pureed Waffle</b></p> <ul style="list-style-type: none"> <li>• Pureed waffle</li> <li>• Pureed sausage</li> <li>• Pureed cereal</li> <li>• Pureed mixed berry</li> </ul>
<p><b>Pureed Chicken w/Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed chicken</li> <li>• Pureed gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed peas</li> <li>• Pureed pears</li> </ul>	<p><b>Pureed Pork w/ Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed pork</li> <li>• Pork gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed broccoli</li> <li>• Pureed pineapple</li> </ul>	<p><b>Pureed Beef w/ Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed beef</li> <li>• Beef gravy</li> <li>• Pureed seasoned rice</li> <li>• Pureed carrots</li> <li>• Pureed mixed berry</li> </ul>	<p><b>Pureed French Toast</b></p> <ul style="list-style-type: none"> <li>• Pureed french toast</li> <li>• Pureed egg</li> <li>• Cream of wheat</li> <li>• Pureed pears</li> </ul>	<p><b>Pureed Beef &amp; Cheddar</b></p> <ul style="list-style-type: none"> <li>• Pureed beef &amp; cheddar</li> <li>• Mashed potatoes</li> <li>• Pureed green beans</li> <li>• Pureed peaches</li> </ul>	<p><b>Pureed Turkey w/Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed turkey</li> <li>• Poultry gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed broccoli</li> <li>• Pureed pineapple</li> </ul>	<p><b>Pureed Waffle</b></p> <ul style="list-style-type: none"> <li>• Pureed waffle</li> <li>• Pureed sausage</li> <li>• Pureed cereal</li> <li>• Pureed mixed berry</li> </ul>
<p><b>Pureed Chicken w/Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed chicken</li> <li>• Pureed gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed peas</li> <li>• Pureed pears</li> </ul>	<p><b>Pureed Pork w/ Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed pork</li> <li>• Pork gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed broccoli</li> <li>• Pureed pineapple</li> </ul>	<p><b>Pureed Beef w/ Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed beef</li> <li>• Beef gravy</li> <li>• Pureed seasoned rice</li> <li>• Pureed carrots</li> <li>• Pureed mixed berry</li> </ul>	<p><b>Pureed French Toast</b></p> <ul style="list-style-type: none"> <li>• Pureed french toast</li> <li>• Pureed egg</li> <li>• Cream of wheat</li> <li>• Pureed pears</li> </ul>	<p><b>Pureed Beef &amp; Cheddar</b></p> <ul style="list-style-type: none"> <li>• Pureed beef &amp; cheddar</li> <li>• Mashed potatoes</li> <li>• Pureed green beans</li> <li>• Pureed peaches</li> </ul>	<p><b>Pureed Turkey w/Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed turkey</li> <li>• Poultry gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed broccoli</li> <li>• Pureed pineapple</li> </ul>	<p><b>Pureed Waffle</b></p> <ul style="list-style-type: none"> <li>• Pureed waffle</li> <li>• Pureed sausage</li> <li>• Pureed cereal</li> <li>• Pureed mixed berry</li> </ul>
<p><b>Pureed Chicken w/Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed chicken</li> <li>• Pureed gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed peas</li> <li>• Pureed pears</li> </ul>	<p><b>Pureed Pork w/ Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed pork</li> <li>• Pork gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed broccoli</li> <li>• Pureed pineapple</li> </ul>	<p><b>Pureed Beef w/ Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed beef</li> <li>• Beef gravy</li> <li>• Pureed seasoned rice</li> <li>• Pureed carrots</li> <li>• Pureed mixed berry</li> </ul>	<p><b>Pureed French Toast</b></p> <ul style="list-style-type: none"> <li>• Pureed french toast</li> <li>• Pureed egg</li> <li>• Cream of wheat</li> <li>• Pureed pears</li> </ul>	<p><b>Pureed Beef &amp; Cheddar</b></p> <ul style="list-style-type: none"> <li>• Pureed beef &amp; cheddar</li> <li>• Mashed potatoes</li> <li>• Pureed green beans</li> <li>• Pureed peaches</li> </ul>	<p><b>Pureed Turkey w/Gravy</b></p> <ul style="list-style-type: none"> <li>• Pureed turkey</li> <li>• Poultry gravy</li> <li>• Pureed bread</li> <li>• Mashed potatoes</li> <li>• Pureed broccoli</li> <li>• Pureed pineapple</li> </ul>	<p><b>Pureed Waffle</b></p> <ul style="list-style-type: none"> <li>• Pureed waffle</li> <li>• Pureed sausage</li> <li>• Pureed cereal</li> <li>• Pureed mixed berry</li> </ul>

# Kosher Menu



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

