

July Mechanical Menu

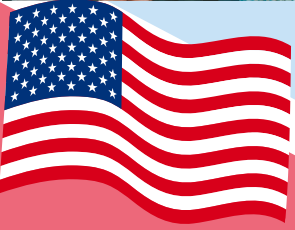


Happy 250th Birthday America!

If you need to cancel, please call 614-278-3152 or email 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
		01 Cheese Ravoli • cheese ravoli • marinara sauce • mozzarella cheese • peas • diced carrots • banana	02 Salisbury Steak • salisbury steak • herb beef gravy • mashed potatoes • corn • cinnamon applesauce	03 Cheese Tortellini • cheese tortellini • marinara sauce • mozzarella cheese • diced carrots • mixed vegetables	04 Potato Breaded Fish • potato breaded fish • scalloped potatoes • succotash • banana
06 Salisbury Steak • salisbury steak • herb beef gravy • mashed potatoes • green beans • cinnamon applesauce	07 Cheese Stuffed Shells • cheese stuffed shells • tomato basil sauce • peas and mushrooms • cinnamon pears • banana	08 Spaghetti & Meatballs • linguine noodles • turkey meatballs • marinara sauce • diced carrots • corn	09 Hearty Vegetable Stew • vegetable stew • harvest grain medley • green beans • applesauce cup	10 Cheese Lasagna • cheese lasagna roll • marinara sauce • peas • corn	11 Chicken Alfredo • linguine noodles • alfredo sauce • diced chicken • broccoli • diced carrots • banana
13 Meatloaf w/Gravy • meatloaf slice • herb beef gravy • mashed potatoes • diced carrots • diced peaches	14 Carrie's Homestyle Chicken • & Noodles • egg noodles • diced chicken • chicken base • mashed potatoes • peas and carrots	15 Popcorn Chicken • mashed potatoes • peppered gravy • cheddar cheese • diced chicken • corn • orange	16 Spaghetti and Meatballs • linguine noodles • turkey meatballs • marinara sauce • diced carrots • corn	17 Macaroni & Cheese • macaroni and cheese • green beans • cinnamon diced pears	18 Three Bean Chili • three bean chili • cornbread • diced carrots • green beans • fresh banana
20 Creamy Cheesy Chicken Bake • diced chicken • mornay sauce • brown rice • peas and mushrooms	21 Three Bean Chili • three bean chili • cornbread • carrot coins • green beans • fresh banana or fruit cup	22 Chicken & Dumplings • diced chicken • dumpling • chicken and dumpling gravy • broccoli • pineapple betty	23 Farmers Market Omelet • cheese omelet • peppers & onion • italian green beans • breakfast potatoes • applesauce cup	24 Cheese Ravioli • cheese ravioli • marinara sauce • peas • diced carrots • banana	25 Country Fried Steak • country fried steak • country fried steak gravy • mashed potatoes • peas and carrots • Oregon bean medley
27 BBQ Chicken Breast • diced chicken • bbq sauce • rosemary & garlic potatoes • green beans • applesauce cup • wheat bread	28 Johnny Marzetti • whole grain penne pasta • marinara sauce • ground beef crumbles • green beans • corn • banana	29 Cheese Ravoli • cheese ravoli • marinara sauce • mozzarella cheese • peas • diced carrots • banana	30 Salisbury Steak • salisbury steak • herb beef gravy • mashed potatoes • corn • cinnamon applesauce	31 Cheese Tortellini • cheese tortellini • marinara sauce • mozzarella cheese • diced carrots • mixed vegetables	



As America approaches its 250th birthday on July 4, 2026, the milestone impacts you differently when you have lived through a quarter of the nation's entire history. For those of us in our 70s, 80s, and beyond, this Semiquincentennial is not just a date in a history book. It is a mirror reflecting the vast, turbulent, and beautiful tapestry of the America we helped build, protect, and witness.



Vegetarian Menu



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

All meals include 8oz. milk. Exact serving sizes and detailed nutritional information available upon request. Menus are Subject to Change | Menu approved by: Penny S. Rudy, RD, LD CPFS

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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 • Greenbeans • 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 • Matzohballs • 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 • Matzohballs • 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

