

Choice Frozen Selections



All meal plans come with a loaf of bread, various fruit/juice, and a choice of milk or orange juice.

Questions or need to change your meal plan, call 614-278-3152 or email nutritionops@lifecarealliance.org

Fan Faves

This menu features our clients' favorite meals, carefully selected over years of service, we know you'll love the variety and flavor!

*Only Included in 7 & 14 meal packages.
Carb counts do not include sides (milk, bread, juice/fruit)

WEEK 1

Farmer's Market Omelet
Meatloaf with Gravy
Chicken & Noodles
Pancakes
BBQ Chicken
Beef Stew *
Biscuits & Gravy *

WEEK 2

Smothered Omelet
Salisbury Steak
Chicken Alfredo
Hamburger
Grilled Chicken Breast
Kielbasa w/Sauerkraut *
Breaded Fish *

*Only Included in 7 & 14 meal packages.

Breakfast

Our Breakfast Lovers Menu features a wide variety of client favorites, perfect for starting your day or enjoying breakfast cravings any time, morning, noon, or night!

*Only Included in 7 & 14 meal packages.
Carb counts do not include sides (milk, bread, juice/fruit)

WEEK 1

Pancakes
Uncle Chuck's Country Fried Steak Biscuit
Farmer's Market Omelet
Waffle & Turkey Sausages
Breakfast Bowl
Smothered Omelet *
Biscuits & Gravy *

WEEK 2

Blueberry Pancakes
Biscuits & Gravy
Farmer's Market Omelet
French Toast
Breakfast Skillet
Sausage & Egg Sandwich *
Pancakes *

*Only Included in 7 & 14 meal packages.

These menus are available exclusively to individuals receiving meals through Medicaid, Medicare, or dual-eligible programs (MyCare Ohio), as well as the Department of Developmental Disabilities Waiver, Ohio Home Care Waiver, PASSPORT, or Franklin County Senior Options programs.