

Medically Tailored Meals Menus



All meal plans come with 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

Diabetic Friendly Menu

Carb Controlled | Entrées are carbohydrate-controlled, the highest entrée is 54g of carbohydrates.

WEEK 1

Farmer's Market Omelet
Sausage & Egg Sandwich
Chicken Nuggets
BBQ Chicken Breast
Fish Marinara
Pancakes *
Hamburger with Macaroni & Cheese *

WEEK 2

Breakfast Skillet
Salisbury Steak
Hearty Vegetable Stew
Waffle & Sausage
Johnny Marzetti
Farmer's Market Omelet *
Creamy Cheesy Chicken Bake *

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

Heart Healthy Menu

(Low Sodium) | Entrées are sodium-controlled, with the highest entrée having less than or equal to 750mg of sodium.

WEEK 1

Farmer's Market Omelet
Meatloaf with Gravy
Carrie's Homestyle Chicken & Noodles
Chicken Alfredo
Grilled Chicken Breast
Cheese Stuffed Shells *
Cheese Ravioli *

WEEK 2

Salisbury Steak
Waffle & Turkey Sausages
Johnny Marzetti
Creamy Cheesy Chicken Bake
Potato Breaded Fish
Broccoli and Chicken Rice Bowl*
Chicken & Dumplings *

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

High Protein Menu

Higher-protein meals to support strength, healing, and muscle maintenance. Entrées range from 17g to 33g of protein.

WEEK 1

Pancakes
Country Fried Steak
Carrie's Homestyle Chicken & Noodles
Chicken Alfredo
Hamburger with Macaroni & Cheese
Popcorn Chicken Bowl *
Chicken & Dumplings *

WEEK 2

Breakfast Skillet
Johnny Marzetti
Fish Marinara
Santa Fe Chicken
Creamy Cheesy Chicken Bake
Grilled Chicken Breast *
Spaghetti & Meatballs *

*Only Included in 7 & 14 meal packages

*Gluten friendly, Mechanical, Puree & Renal available on request email nutritionops@lifecarealliance.org for more details.

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.