

October | Mechanical Menu



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
28 Salisbury Steak - Mashed potatoes - Green beans - Cinnamon applesauce - Herb beef gravy	29 Homestyle Chicken Broccoli Rice Bake - Peas - Applesauce	30 Chicken Nuggets - Italian blend - Yellow wax beans - Apple - Wheat bread	01 Hearty Vegetable Stew - Harvest grain medley - Green beans - Applesauce	02 Bratwurst w/ Peppers & Onions - Baby bakers - Baked beans	03 Chicken Alfredo - Linguine noodles - Alfredo sauce - Diced chicken - Broccoli - Diced carrots - Banana
05 Meatloaf w/Gravy - Herb beef gravy - Mashed potatoes - Diced carrots - Diced peaches	06 Carrie's Homestyle Chicken & Noodles - Mashed potatoes - Peas and carrots	07 Popcorn Chicken Bowl - Mashed potatoes - Peppered gravy - Popcorn chicken - Cheddar cheese - Corn - Orange	08 Spaghetti and Meatballs - Linguine noodles - Meatballs - Marinara sauce - Diced carrots - Corn	09 Kielbasa w/ Sauerkraut - Rosemary garlic potatoes - Cinnamon diced pears	10 Three Bean Chili - Cornbread - Diced carrots - Green beans - Banana
12 Creamy Cheesy Chicken Bake - Chicken breast - Mornay sauce - Brown rice - Peas with mushrooms	13 Grilled Chicken Breast - Wheat bread - Orange - Mixed vegetables	14 Chicken & Dumplings - Broccoli - Pineapple betty	15 Farmers Market Omelet - Breakfast potatoes - Apple - Italian green beans	16 Sausage Gravy & Biscuit - Rosemary garlic potatoes - Green beans	17 Country Fried Steak - Mashed potatoes - Peas and carrots - Oregon bean medley
19 BBQ Chicken Breast - Rosemary garlic potatoes - Green beans - Orange - Wheat bread	20 Johnny Marzetti - Whole grain penne pasta - Ground beef - Green beans - Corn	21 Waffle & Turkey Sausage - Turkey sausage links - Hash brown potato wedge - Diced pears	22 Hamburger and Macaroni & Cheese - Broccoli - Apple	23 Pork Riblet - Mashed potatoes - Peas - Diced carrots	24 Potato Fish - Scalloped potatoes - Succotash - Banana
26 Salisbury Steak - Mashed potatoes - Green beans - Cinnamon applesauce - Herb beef gravy	27 Homestyle Chicken Broccoli Rice Bake - Peas - Applesauce	28 Chicken Nuggets - Italian blend - Yellow wax beans - Apple - Wheat bread	29 Hearty Vegetable Stew - Harvest grain medley - Green beans - Applesauce	30 Bratwurst w/ Peppers & Onions - Baby bakers - Baked beans	31 Chicken Alfredo - Linguine noodles - Alfredo sauce - Diced chicken - Broccoli - Diced carrots - Banana

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Vegetarian Menu



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All meals include 8oz. milk. Exact serving sizes and detailed nutritional information available upon request. Menus are Subject to Change | Menus 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 • 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 • Matzoh balls • 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 • Matzoh balls • 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

