November | Mechanical Menu

LifeCare Alliance

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
02 Meatloaf w/Gravy • Herb beef gravy • Mashed potatoes • Diced carrots • Diced peaches	**03 Carrie's Homestyle Chicken & Noodles** • Mashed potatoes • Peas and carrots	**04 Popcorn Chicken Bowl** • Mashed potatoes • Peppered gravy • Popcorn chicken • Cheddar cheese • Corn • Orange	**05 Spaghetti and Meatballs** • Linguine noodles • Meatballs • Marinara sauce • Diced carrots • Corn	**06 Macaroni & Cheese** • Green beans • Cinnamon diced pears • Wheat bread	**07 Three Bean Chili** • Cornbread • Diced carrots • Green beans • Banana
09 Creamy Cheesy Chicken Bake • Chicken breast • Mornay sauce • Brown rice • Peas with mushrooms	**10 Three Bean Chili** • Cornbread • Diced carrots • Green beans • Fruit cup	**11 Chicken & Dumplings** • Broccoli • Pineapple betty	**12 Farmers Market Omelet** • Breakfast potatoes • Apple • Italian green beans	**13 Cheese Ravioli** • Peas • Diced carrots • Banana • Wheat bread	**14 Country Fried Steak** • Mashed potatoes • Peas and carrots • Oregon bean medley
16 BBQ Chicken Breast • Rosemary garlic potatoes • Green beans • Applesauce cup • Wheat bread	**17 Johnny Marzetti** • Whole grain penne pasta • Ground beef • Green beans • Corn	**18 Cheese Ravioli** • Peas • Diced carrots • Banana • Wheat bread	**19 Salisbury Steak** • Mashed potatoes • Green beans • Cinnamon applesauce • Herb beef gravy	**20 Cheese Tortellini** • Diced carots • Mixed vegetables	**21 Potato Breaded Fish** • Scalloped potatoes • Succotash • Banana
23 Salisbury Steak • Mashed potatoes • Green beans • Cinnamon applesauce • Herb beef gravy	**24 Thanksgiving Meal** • Roasted turkey meal • Mashed potatoes • Gravy • Stuffing • Pumpkin pie • Cranberry sauce	**25 Spaghetti and Meatballs** • Linguine noodles • Meatballs • Marinara sauce • Diced carrots • Corn	**26 Thanksgiving Meal** • Roasted turkey meal • Mashed potatoes • Gravy • Stuffing • Pumpkin pie • Cranberry sauce	**27 Cheese lasagna** • Peas • Corn • Wheat bread	**28 Chicken Alfredo** • Linguine noodles • Alfredo sauce • Diced chicken • Broccoli • Diced carrots • Banana
30 Meatloaf w/Gravy • Herb beef gravy • Mashed potatoes • Diced carrots • Diced peaches					

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 Menus are Subject to Change | Menus approved by: Penny S. Rudy, RD, LD CPFS



Happy Thanksgiving

The holiday season is a beautiful time to gather with family, reflect on our blessings, and celebrate the bonds that tie generations together. As we look forward to the warmth of the dinner table, it is important to remember that Thanksgiving is as much about nourishing our bodies as it is about feeding our souls. For older adults, navigating a traditional holiday feast can sometimes present unique health challenges. Be mindful of your nutritional strategies, to ensure this holiday is joyful.

Scan the QR code for healthy holiday eating tips.

Vegetarian Menu

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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
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

cafe puree
Single Serve, Microwaveable Purees.

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

milmar FOOD GROUP

SPRING VALLEY