

# HOT NOON APRIL 2020

Approved By: Claire Adams, RDN, LD

## LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Mar-23	<b>23</b> Chicken & Dumplings #8 diced chicken #10 dumplings 3 oz chicken & dumpling gravy #8 broccoli #10 pineapple betty 1 sl wheat bread	<b>24</b> Spaghetti/Chicken Cordon Bleu #8 linguine noodles 4 ea turkey meatballs 3 oz NSA marinara sauce 1 ea chicken patty ALT 1 ea sliced ham ALT 3 oz mornay sauce ALT #10 roasted brussel sprouts #8 carrot coins 1 sl wheat bread	<b>25</b> Salisbury Steak w/ Gravy 1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	<b>26</b> Chicken & Noodles #8 diced chicken #8 noodle casserole #8 oregon bean medley #8 mashed sweet potatoes	<b>27</b> Cheese Lasagna/ Italian Sausage 1 ea cheese lasagna REG 3 oz marinara sauce REG #8 peas REG 1 ea italian sausage ALT #16 peppers & onions ALT #8 baked beans ALT #8 corn
Cycle 2 Mar-30	<b>30</b> Fiesta Bowl #8 brown rice #8 fiesta black beans #16 peppers and onions 0.5 oz monterey jack cheese #8 corn #8 diced carrots 1 ea fresh orange	<b>31</b> Burger Parmesan/ Kielbasa and Kraut #8 whole grain penne REG 3 oz NSA marinara sauce REG 1 ea burger patty REG 0.5 oz mozzarella cheese REG #8 carrot coins REG #8 green beans REG 1 ea kielbasa ALT #20 sauerkraut ALT #8 rosemary & garlic potatoes ALT #8 cinnamon apples	<b>01</b> Sweet n' Sour Chicken #8 brown rice #8 diced chicken 2 oz sweet n' sour sauce #8 oriental vegetables #10 roasted brussel sprouts	<b>02</b> Chicken Taco Bowl 2 ea corn tortillas 0.5 oz chipotle ranch dressing #16 taco seasoned chicken #16 roasted vegetable slaw #8 carrot coins #8 fiesta black beans	<b>03</b> Mac & Cheese/ Fried Pork #6 mac & cheese REG #8 green beans REG #10 strawberry apple delight REG 1 sl wheat bread REG 1 ea country fried pork ALT #8 carrot coins ALT #8 fiesta black beans ALT
Cycle 3 Apr-06	<b>06</b> Hamburger 1 ea hamburger #8 mac and cheese #8 broccoli 1 ea red delicious apple 1 ea hamburger bun	<b>07</b> Chicken Nuggets/ Cornbread 5 ea chicken nuggets REG 1 ea cornbread ALT #8 baked beans ALT #8 green beans #8 carrot coins 1 ea fresh banana 1 ea wheat bread	<b>08</b> Popcorn Chicken Bowl #8 mashed potatoes 3 oz peppered gravy 1 oz cheddar cheese 3 pc boneless chicken #8 corn 1 ea fresh banana	<b>09</b> Farmers Market Omelet 1 ea cheese omelet #10 peppers & onion #10 chopped spinach #8 breakfast potatoes 1 ea red delicious apple	<b>10</b> Pierogis & Onions/ Pork Riblet 3 ea cheddar pierogis REG #16 caramelized onions REG 1 ea pork riblet ALT #9 bbq sauce ALT #10 mashed potatoes ALT #8 peas #8 carrot coins 1 ea fresh banana
Cycle 4 Apr-13	<b>13</b> BBQ Chicken Breast 1 ea grilled chicken breast 2 oz bbq sauce #8 rosemary & garlic potatoes #8 green beans 1 ea fresh banana 1 sl wheat bread	<b>14</b> Teriyaki Chicken/Fish Marinara #10 diced chicken REG 2 oz teriyaki sauce REG #8 linguine noodles REG #10 oriental vegetables REG 1 ea crunchy fish wedge ALT 2 oz marinara sauce ALT 1 oz mozzarella cheese ALT #10 apple crumb delight #8 oregon bean medley 1 sl wheat bread	<b>15</b> Waffle & Vegetarian Sausage Breakfast 1 ea whole grain waffle 1 ea vegetarian sausage patty #8 potato wedge #10 diced cinnamon pears 1 ea syrup 1 ea orange	<b>16</b> Meatloaf w/ Gravy 1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #10 peach betty 1 sl wheat bread	<b>17</b> Potato Breaded Fish/Biscuit & Gravy 1 ea breaded potato fish REG #10 country sausage gravy ALT 1 ea biscuit ALT #8 tri color potato medley #8 green beans 1 ea fresh banana

\*Meals subject to change \*Evening and weekend service is limited \*All meals include 8oz milk \*Cold meal substitutions available upon request

\*For meal cancellations or questions regarding service call LifeCare Alliance Meals-on-Wheels at (614) 278-3152

\*REG indicates that item is on the Regular Hot Noon menu

\*ALT indicates that item is on the Alternate Hot noon menu

\*An item without REG or ALT indicated is included on both menus



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## COLD NOON MENU APRIL 2020

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### LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Mar-23	<b>23</b> Egg Salad Sandwich 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	<b>24</b> Chicken Chef Salad 1/2 c lettuce #10 diced chicken 0.5 oz cheddar cheese 1 ea ranch dressing 2 pkt club crackers #8 diced peaches	<b>25</b> Roast Beef Sandwich 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 broccoli slaw	<b>26</b> Chicken Salad Fruit Plate #10 chicken salad 1 ea grape bunch 3 ea orange wedges 2 ea club crackers #8 pineapple tidbits	<b>27</b> Tuna Salad #16 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea red delicious apple
Cycle 2 Mar-30	<b>30</b> Chicken Taco Salad *NEW* 1/2 cu lettuce #16 corn and bean mix #16 seasoned chicken crumbles #10 springtime pasta salad 1 ea french dressing 1 ea tortilla strips 1 ea banana	<b>31</b> Turkey Chef Salad 1/2 c lettuce #10 diced turkey 0.5 oz cheddar cheese 1 ea italian dressing 2 pkt club crackers #8 pineapple tidbits	<b>01</b> Chicken Pasta Salad #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	<b>02</b> Turkey Sandwich 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	<b>03</b> Seafood Salad #8 imitation crab meat salad #8 macaroni salad 3 ea orange wedges 1 ea slider bun 1 ea fresh banana
Cycle 1 Apr-06	<b>06</b> Egg Salad Sandwich 1 ea slider bun #16 egg salad #8 springtime pasta salad #8 kidney bean salad 1 ea fresh banana	<b>07</b> Chicken Chef Salad 1/2 c lettuce #10 diced chicken 0.5 oz cheddar cheese 1 ea ranch dressing 2 pkt club crackers #8 diced peaches	<b>08</b> Roast Beef Sandwich 2 sl wheat bread 2 sl roast beef 1 sl american cheese #8 cinnamon applesauce #10 broccoli slaw	<b>09</b> Chicken Salad Fruit Plate #10 chicken salad 1 ea grape bunch 3 ea orange wedges 2 ea club crackers #8 pineapple tidbits	<b>10</b> Tuna Salad #16 tuna salad #10 greek pasta salad 3 ea orange wedges 1 ea slider bun 1 ea red delicious apple
Cycle 2 Apr-13	<b>13</b> Chicken Taco Salad *NEW* 1/2 cu lettuce #16 corn and bean mix #16 seasoned chicken crumbles #10 springtime pasta salad 1 ea french dressing 1 ea tortilla strips 1 ea banana	<b>14</b> Turkey Chef Salad 1/2 c lettuce #10 diced turkey 0.5 oz cheddar cheese 1 ea italian dressing 2 pkt club crackers #8 pineapple tidbits	<b>15</b> Chicken Pasta Salad #6 chicken pasta salad #8 mixed bean salad #8 carrot raisin salad	<b>16</b> Turkey Sandwich 2 sl wheat bread 2 sl turkey 1 sl american cheese #10 ambrosia #8 fiesta slaw	<b>17</b> Seafood Salad #8 imitation crab meat salad #8 macaroni salad 3 ea orange wedges 1 ea slider bun 1 ea fresh banana

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# MECHANICAL MENU

## APRIL 2020

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### LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Mar-23	23	24	25	26	27
	<b>Chicken &amp; Dumplings</b>	<b>Spaghetti &amp; Meatballs</b>	<b>Salisbury Steak w/ Gravy</b>	<b>Chicken &amp; Noodles</b>	<b>Cheese Lasagna</b>
	#8 diced chicken #10 dumplings 3 oz chicken & dumpling gravy #8 broccoli #10 pineapple betty 1 sl wheat bread	#8 linguine noodles 4 ea turkey meatballs 3 oz NSA marinara sauce #8 corn #8 carrot coins 1 sl wheat bread	1 ea salisbury steak 2 oz herb beef gravy #10 mashed potatoes #8 corn #8 cinnamon applesauce	#8 diced chicken #8 noodle casserole #8 oregon bean medley #8 mashed sweet potatoes	1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn
Cycle 2 Mar-30	30	31	01	02	03
	<b>Fiesta Bowl</b>	<b>Country Fried Steak</b>	<b>Sweet n' Sour Chicken</b>	<b>Cheese Lasagna</b>	<b>Mac &amp; Cheese</b>
	#8 brown rice #8 fiesta black beans #16 peppers and onions 0.5 oz monterey jack cheese #8 corn #8 diced carrots 1 ea fresh banana	1 ea country fried steak 2 oz country fried steak gravy #10 mashed potatoes #8 seasoned beets #8 oregon bean medley	#8 brown rice #8 diced chicken 2 oz sweet n' sour sauce #8 oriental vegetables #8 green beans	1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn	#6 mac & cheese #8 green beans #10 strawberry apple delight 1 sl wheat bread
Cycle 3 Apr-06	06	07	08	09	10
	<b>Cheese Stuffed Shells</b>	<b>Cornbread and Baked Beans</b>	<b>Popcorn Chicken Bowl</b>	<b>Farmers Market Omelet</b>	<b>Pierogis &amp; Onions</b>
	2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #10 pineapple betty 1 sl wheat bread	1 ea cornbread #8 baked beans #8 green beans #8 carrot coins 1 ea fresh banana 1 ea wheat bread	#8 mashed potatoes #14 peppered gravy 1 oz cheddar cheese #8 diced chicken #8 corn 1 ea fresh banana	1 ea cheese omelet #10 peppers & onion #10 chopped spinach #8 breakfast potatoes 1 ea fresh banana	3 ea cheddar pierogis #16 caramelized onions #8 peas #8 carrot coins 1 ea fresh banana
Cycle 4 Apr-13	13	14	15	16	17
	<b>BBQ Chicken</b>	<b>Fish Marinara</b>	<b>Teriyaki Chicken Lo Mein</b>	<b>Meatloaf w/ Gravy</b>	<b>Mac &amp; Cheese</b>
	#6 diced chicken 3oz bbq sauce #8 mixed vegetables #10 scalloped potatoes 1 sl wheat bread	1 ea crunchy fish wedge 2 oz marinara sauce 1 oz mozzarella cheese #10 apple crumb delight #8 oregon bean medley 1 ea wheat bread	#10 diced chicken 2 oz teriyaki sauce #8 linguine noodles #10 oriental blend vegetables #8 oregon bean medley #10 apple crumb delight	1 ea meatloaf 2 oz herb beef gravy #10 mashed potatoes #8 diced carrots #10 peach betty 1 sl wheat bread	#6 mac & cheese #8 green beans #10 strawberry apple delight 1 sl wheat bread

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# VEGETARIAN MENU APRIL 2020

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	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Mar-23	<b>23</b> Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #10 pineapple betty 1 sl wheat bread	<b>24</b> Vegetable Shepard's Pie #8 mashed potatoes #8 shepard's pie mix 1 oz cheddar cheese #8 green beans #8 seasoned beets 1 ea natural applesauce cup 1 sl wheat bread	<b>25</b> Vegetarian Chili #6 vegetarian chili #8 california blend vegetables #10 apple crumb delight 1 oz cheddar cheese 1 ea cornbread mini loaf	<b>26</b> Vegetarian Pasta Primavera #6 veg pasta primavera #8 green beans #10 strawberry apple delight 1 oz mozzarella cheese 1 sl wheat bread	<b>27</b> Veggie Burger 1 ea black bean burger #10 brown rice #8 edamame & corn #8 diced carrots 1 ea mixed fruit cup 1 ea hamburger bun
Cycle 2 Mar-30	<b>30</b> Vegetarian Chick'n Sandwich 1 ea vegetarian chick'n patty #8 roasted redskin potatoes #8 stewed tomatoes 1 ea fresh orange 1 sl wheat bread	<b>31</b> Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn 1 sl wheat bread	<b>01</b> Vegetarian Sausage & Egg Sandwich 1 ea fried egg patty 1 ea vegetarian sausage patty #8 breakfast potatoes #10 diced cinnamon pears 1 ea fresh banana 1 ea english muffin	<b>02</b> Mac & Cheese #6 mac & cheese #8 green beans #10 strawberry apple delight 1 sl wheat bread	<b>03</b> Cheese Pizza 1 ea cheese pizza #8 carrot coins #8 peas 1 ea fresh banana
Cycle 1 Apr-06	<b>06</b> Cheese Stuffed Shells 2 ea cheese stuffed shells 3 oz tomato basil sauce #8 peas & mushrooms #10 pineapple betty 1 sl wheat bread	<b>07</b> Vegetable Shepard's Pie #8 mashed potatoes #8 shepard's pie mix 1 oz cheddar cheese #8 green beans #8 seasoned beets 1 ea natural applesauce cup 1 sl wheat bread	<b>08</b> Vegetarian Chili #6 vegetarian chili #8 california blend vegetables #10 apple crumb delight 1 oz cheddar cheese 1 ea cornbread mini loaf	<b>09</b> Vegetarian Pasta Primavera #6 veg pasta primavera #8 green beans #10 strawberry apple delight 1 oz mozzarella cheese 1 sl wheat bread	<b>10</b> Veggie Burger 1 ea black bean burger #10 brown rice #8 edamame & corn #8 diced carrots 1 ea mixed fruit cup 1 ea hamburger bun
Cycle 2 Apr-13	<b>13</b> Vegetarian Chick'n Sandwich 1 ea vegetarian chick'n patty #8 roasted redskin potatoes #8 stewed tomatoes 1 ea fresh orange 1 sl wheat bread	<b>14</b> Cheese Lasagna 1 ea cheese lasagna 3 oz marinara sauce #8 peas #8 corn 1 sl wheat bread	<b>15</b> Vegetarian Sausage & Egg Sandwich 1 ea fried egg patty 1 ea vegetarian sausage patty #8 breakfast potatoes #10 diced cinnamon pears 1 ea fresh banana 1 ea english muffin	<b>16</b> Mac & Cheese #6 mac & cheese #8 green beans #10 strawberry apple delight 1 sl wheat bread	<b>17</b> Cheese Pizza 1 ea cheese pizza #8 carrot coins #8 peas 1 ea fresh banana

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# PUREE MENU APRIL 2020

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## LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Mar-23	<b>23</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>24</b> Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	<b>25</b> Puree Ham 3 oz pureed ham #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed pears	<b>26</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches	<b>27</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2c pureed mixed berry
Cycle 1 Mar-30	<b>30</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>31</b> Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	<b>01</b> Pureed Ham 3 oz pureed ham #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed pears	<b>02</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches	<b>03</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2c pureed mixed berry
Cycle 1 Apr-06	<b>06</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>07</b> Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	<b>08</b> Pureed Ham 3 oz pureed ham #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed pears	<b>09</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches	<b>10</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2c pureed mixed berry
Cycle 1 Apr-13	<b>13</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>14</b> Pureed Beef w/ Gravy 3 oz pureed beef 2 oz beef gravy #8 pureed seasoned rice 1/2 c pureed carrots 1/2 c pureed mixed berry	<b>15</b> Pureed Ham 3 oz pureed ham #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed pears	<b>16</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches	<b>17</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2c pureed mixed berry

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# CHILLED PUREE MENU MARCH 2020

Approved By: Claire Adams, RDN, LD

## LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Mar-23	<b>23</b> Pureed Chicken w/ Gravy 3 oz pureed chicken 2 oz poultry gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed peas 1/2 c pureed pears	<b>24</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>25</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	<b>26</b> Pureed Ham 3 oz pureed ham #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed pears	<b>27</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches
Cycle 1 Mar-30	<b>30</b> Pureed Chicken w/ Gravy 3 oz pureed chicken 2 oz poultry gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed peas 1/2 c pureed pears	<b>31</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>01</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	<b>02</b> Pureed Ham 3 oz pureed ham #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed pears	<b>03</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches
Cycle 1 Apr-06	<b>06</b> Pureed Chicken w/ Gravy 3 oz pureed chicken 2 oz poultry gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed peas 1/2 c pureed pears	<b>07</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>08</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	<b>09</b> Pureed Ham 3 oz pureed ham #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed pears	<b>10</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches
Cycle 1 Apr-13	<b>13</b> Pureed Chicken w/ Gravy 3 oz pureed chicken 2 oz poultry gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed peas 1/2 c pureed pears	<b>14</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>15</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	<b>16</b> Pureed Ham 3 oz pureed ham #8 pureed noodles 1/2 c broccoli 1/2 c pureed pears	<b>17</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches
Cycle 1 Apr-20	<b>20</b> Pureed Chicken w/ Gravy 3 oz pureed chicken 2 oz poultry gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed peas 1/2 c pureed pears	<b>21</b> Pureed Pork w/ Gravy 3 oz pureed pork 2 oz pork gravy 1 ea pureed bread #8 mashed potatoes 1/2 c pureed broccoli 1/2 c pureed pineapple	<b>22</b> Pureed Fish 3 oz pureed fish #8 pureed seasoned rice 1/2 c pureed corn 1/2 c pureed mixed berry	<b>23</b> Pureed Ham 3 oz pureed ham #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed pears	<b>24</b> Pureed Beef & Cheddar 3 oz pureed beef & cheddar #8 pureed noodles 1/2 c pureed green beans 1/2 c pureed peaches

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# KOSHER MENU APRIL 2020

Approved By: Claire Adams, RDN, LD

## LifeCare Alliance Meals-on-Wheels

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 1 Mar-23	23 Chicken in a Pot boiled chicken leg with broth matzoh balls peas fresh orange kosher wheat bread	24 Vegetable Lasagna vegetable lasagna sliced carrots corn natural applesauce cup kosher wheat bread	25 Roasted Turkey Breast roasted turkey breast roasted sweet potatoes peas peach cup kosher wheat bread	26 Chicken Breast with Gravy chicken breast carrot tzimmes egg barley pineapple tidbits cup kosher wheat bread	27 Spaghetti & Meatballs spaghetti meatballs spaghetti sauce peas fresh orange kosher wheat bread
Cycle 2 Mar-30	30 Chicken Chow Mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	31 Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	01 Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	02 Cheese ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	03 Beef Stew beef stew gravy red skin potatoes peas and carrots fresh orange kosher wheat bread
Cycle 1 Apr-06	06 Chicken in a Pot boiled chicken leg with broth matzoh balls peas fresh orange kosher wheat bread	07 Vegetable Lasagna vegetable lasagna sliced carrots corn natural applesauce cup kosher wheat bread	08 Roasted Turkey Breast roasted turkey breast roasted sweet potatoes peas peach cup kosher wheat bread	09 Chicken Breast with Gravy chicken breast carrot tzimmes egg barley pineapple tidbits cup kosher wheat bread	10 Spaghetti & Meatballs spaghetti meatballs spaghetti sauce peas fresh orange kosher wheat bread
Cycle 2 Apr-13	13 Chicken Chow Mein chicken chow mein rice egg rolls fresh orange kosher wheat bread	14 Meatloaf meatloaf potato pudding peas carrots natural applesauce cup kosher wheat bread	15 Baked Fish baked fish penne pasta green beans carrots fresh orange kosher wheat bread	16 Cheese Ravioli cheese ravioli green beans peas pineapple tidbits cup kosher wheat bread	17 Beef Stew beef stew gravy red skin potatoes peas and carrots fresh orange kosher wheat bread

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