

August 2023 | Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TCAA is funded in part by Area Agency on Aging, Region One. Menu subject to change due to availability. Items with ** contain pork or pork products.	1 Tortilla Crusted Tilapia Mexican Brown Rice Normandy Blend Veggies Green Zucchini Squash Cinnamon Apple	2 Beef Taco w/ Cheese Whole Grain Tortillas Refried Beans Stewed Tomatoes Mixed Berries	3 Pork Stir Fry** Brown Rice Asian Blend Vegetables Snap Peas Fresh Grapes	4 Chicken Salad Lettuce & Tomato Whole Wheat Bread Carrot Sticks Apple Sauce
7 Steak Diane Spinach Roasted Potatoes Whole Grain Roll Mandarin Orange	8 Herbed Pork Chop** Broccoli Carrots Whole Wheat Breadstick Fruit Cocktail (D) Cookie (R)	9 Chicken w/ Broccoli & Cheese Asparagus Cauliflower Whole Grain Roll Strawberries	10 Beef Tips Whole Wheat Egg Noodles Succotash Peas & Carrots Granny Smith Apple	11 Shrimp Scampi Chuckwagon Corn Green Beans Whole Grain Roll Red Grapes
14 Open-Faced Roast Beef Wheat Bread w/ Gravy Mashed Potatoes Peas & Pearl Onions Apricots	15 Chicken Caesar Salad Celery & Carrot Sticks Whole Wheat Breadstick Strawberries	16 Salisbury Steak w/ Gravy Corn Capri Blend Vegetables Whole Wheat Roll Pineapple	17 Herbed Chicken Breast Carrot Coins Grilled Veggies Whole Wheat Roll Banana	18 Honey Glazed Pork Loin** Oven Brown Potatoes Baked Beans Whole Grain Roll Peaches (D) Birthday Cake (R)
21 Beef Stew Green Beans Cauliflower Whole Wheat Roll Apple Slices	22 Pulled Pork** Roasted Red Potatoes Spinach Whole Grain Roll Peach Crisp	23 Chicken Stir Fry Brown Rice Baby Carrots Cauliflower Mandarin Oranges	24 Shrimp Alfredo Whole Wheat Linguini Italian Veggies Brussel Sprouts Fresh Pear	25 Teriyaki Beef Brown Rice Corn Edamame Tropical Fruit Cup
28 Chicken Noodle Soup Sweet Potatoes Wheat Roll Apricots	29 Beef Philly Whole Wheat Hoagie Roll Tater Tots Green Peas Diced Mango	30 Herbed Tilapia Tri-Color Roasted Potatoes Mixed Vegetables Whole Wheat Croissant Fresh Apple	31 Chef Salad Chilled Stewed Tomatoes 3-Bean Salad Wheat Roll Sliced Pears	 Tempe Community Action Agency Call to sign up, or to cancel your existing meal order: 480-858-6510