

January 2026 |

LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

5 Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches.	6 Chicken enchilada, sweet corn, black beans, grapes, and graham crackers.	7 Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal.	8 Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit.	9 Chicken salad with bacon** , lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices.
12 Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots.	13 Shrimp alfredo on wholewheat linguine pasta, asparagus, cauliflower, and sliced peaches.	14 Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers.	15 Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks.	16 Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.
19 **Closed for Martin Luther King Day**	20 Chicken fajitas with bell peppers and onions, whole wheat tortillas, roasted corn and black beans, brown rice, and pineapple chunks.	21 Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.	22 Roast turkey and gravy with mashed potatoes, broccoli, a whole wheat dinner roll, mixed fruit salad, and Fig Newton's.	23 Pork loin** with potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.
26 Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.	27 Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.	28 Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices.	29 Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.	30 Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.

MENU FOR:

MEALS ON WHEELS

TEMPE & SOUTH
SCOTTSDALE

TEMPE
CONGREGATE
MEALS

GRANITE REEF
CONGREGATE
MEALS

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