

November 2025 | NORTH TEMPE LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

27	28	29	30	31
3 Cheeseburger on a whole wheat bun with tater tots, baked beans, and a fruit cocktail	4 Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie	5 Salisbury steak, mashed potatoes, green beans, a whole wheat dinner roll, and a whole banana	6 Bean and cheese burrito with bell pepper and onion, roasted corn, Spanish brown rice, and cubed mangoes	7 Chicken salad, grapes, pecans, and cranberries, whole wheat pasta with olives, onions, and peppers, a whole wheat dinner roll, and sliced pears
10 Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches	11 Chicken enchilada on a whole wheat tortilla, sweet corn, black beans, and grapes	12 Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal	13 Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit	14 Chicken salad with bacon**, lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices
17 Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots	18 Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches	19 Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers	20 Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks	21 Turkey and gravy with carrots, mashed potato, whole wheat stuffing, strawberries, and pumpkin pie
24 Shrimp scampi on whole wheat angel hair pasta, roasted Brussels sprouts, caprese salad, and mango chunks	25 Chicken fajitas with bell peppers and onions on a whole wheat tortilla, roasted corn and black beans, brown rice, and pineapple chunks	26 Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal	27 CLOSED FOR THANKSGIVING HOLIDAY	28 CLOSED FOR THANKSGIVING HOLIDAY
1	2	3	4	5

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

November 2025 | ESCALANTE LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

27	28	29	30	31
3 Cheeseburger on a whole wheat bun with tater tots, baked beans, and a fruit cocktail	4 Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie	5 Salisbury steak, mashed potatoes, green beans, a whole wheat dinner roll, and a whole banana	6 Bean and cheese burrito with bell pepper and onion, roasted corn, Spanish brown rice, and cubed mangoes	7 Chicken salad, grapes, pecans, and cranberries, whole wheat pasta with olives, onions, and peppers, a whole wheat dinner roll, and sliced pears
10 Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches	11 Chicken enchilada on a whole wheat tortilla, sweet corn, black beans, and grapes	12 Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal	13 Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit	14 Chicken salad with bacon**, lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices
17 Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots	18 Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches	19 Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers	20 Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks	21 Turkey and gravy with carrots, mashed potato, whole wheat stuffing, strawberries, and pumpkin pie
24 Shrimp scampi on whole wheat angel hair pasta, roasted Brussels sprouts, caprese salad, and mango chunks	25 Chicken fajitas with bell peppers and onions on a whole wheat tortilla, roasted corn and black beans, brown rice, and pineapple chunks	26 Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal	27 CLOSED FOR THANKSGIVING HOLIDAY	28 CLOSED FOR THANKSGIVING HOLIDAY
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November 2025 | GRANITE REEF LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

27	28	29	30	31
3 Pork Carnitas** , Winter Squash Blend, Ranchero Beans, Corn Tortilla, Mango Chunks	4 Sloppy Joes, California Vegetable Blend, Roasted Tomatoes, WW Bun, Banana	5 Panko Crusted Tilapia, Steamed Brussels Sprouts, Skillet Fried Corn, Lemon Herbed Couscous Salad, Cinammon Apples	6 Egg & Cheese Bake, Pepper, Onions, Breakfast Potatoes, Croissant, Pineapple Chunks	7 Oven-Baked Chicken, Steamed Asparagus, Roasted Yellow Squash, Brown Rice Pilaf, WW Roll, Orange Wedges
10 Tuna Casserole, Steamed Broccoli, Peas, Egg Noodles, Orange Wedges	11 Turkey Meatloaf, Green Beans, Mashed Sweet Potatoes, WW Roll, Applesauce	12 Bean & Vegetable Chili, Side Salad, Carrots, onions, tomatoes, Cornbread, Fresh Grapes	13 Beef & Vegetable Stir Fry, Peppers & Onions, Steamed Carrots, Brown Rice, Pineapple Chunks	14 Baked Cod w/ tomato basil sauce, Roasted Zucchini, Tomato Basil sauce, Quinoa, Banana
17 Roasted Chicken, Lemon Pepper Green Beans, Roasted Carrots, Whole Wheat Stuffing, Pear Halves	18 Oven Baked Salmon, Steamed Asparagus, Cowboy Corn Salad, Brown Rice, Mixed Berries	19 Pork Tenderloin** , Balsamic Glazed Carrots, Roasted Red Potatoes, WW Biscuit, Cinnamon Apple Slices	20 Spaghetti Bolognese, Tomato Sauce, Side Salad, Spaghetti, Garlic Breadstick, Cantaloupe	21 Vegetable Lentil Stew, Brussels Sprouts, Onion, Carrots, Tomato, WW Bread, Orange Slices
24 Baked Blackened Tilapia, Roasted Brussels Sprouts, Carrot Coins, Whole Wheat Roll, Banana	25 Herb-Roasted Chicken, Steamed Broccoli, Roasted Tomatoes, Strawberries	26 Vegetable Lasagna, Zucchini, Onions, Tomato Sauce, Steamed Green Beans, Garlic Breadstick, Cinnamon Peaches	27 CLOSED FOR THANKSGIVING HOLIDAY	28 CLOSED FOR THANKSGIVING HOLIDAY
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PLEASE REGISTER
AT LEAST ONE
DAY IN ADVANCE
BY CONTACTING
TCAA'S MEAL
RESERVATIONS
LINE AT 480-312-
1724.