


July 2024 | Lunch Menu

MENU FOR:

Meals on Wheels, Tempe & South Scottsdale
Tempe Congregate Meals (CM) & Granite Reef Congregate Meals (CM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Parmesan Normandy Blend Vegetables Beets Whole Grain Roll Sliced Apricots	2 Salisbury Steak Mashed Potatoes & Gravy Green Beans & Tomatoes Whole Grain Roll Sliced Pears	3 Cheeseburger Stewed Tomatoes Macaroni & Cheese Fruit Cup (D) Apple Pie (R)	4 CLOSED In observance of <i>Independence Day</i>	5 CLOSED In observance of <i>Independence Day</i>
8 Meatloaf w/ Gravy Mashed Potatoes Green Beans Whole Grain Roll Granny Smith Apple	9 Spaghetti + Meatballs** Italian Vegetables Wax Beans Whole Grain Roll Mandarin Oranges	10 Baked Cod 4-Way Vegetables Edamame Whole Grain Roll Fruit Cup (D) Chocolate Cake (R)	11 Lemon Herb Chicken Asparagus Beets Whole Grain Roll Fresh Banana	12 Hamburger Whole Wheat Bun Tater Tots Low Sodium V8 Juice Pineapple Chunks
15 Curry Chicken w/ Rice Grilled Vegetables Carrots Whole Grain Roll Watermelon	16 Ham Steak** Mashed Potatoes & Gravy Brussels Sprouts Whole Grain Roll Fresh Grapes	17 Beef + Broccoli w/ Rice, Snow Peas Whole Grain Roll Fresh Pear	18 Cod Fish Tacos Whole Wheat Tortilla Carrot & Cabbage Coleslaw Spinach Pineapple (D) Brownie (R)	19 Broccoli & Cheese Stuffed Chicken 5-Way Vegetables Fresh Salad Whole Grain Roll Mango Chunks
22 Tortilla Crusted Tilapia Spinach Summer Squash Whole Grain Roll Sliced Peaches	23 Meatloaf w/ Gravy Mashed Potatoes Steamed Baby Carrots Whole Grain Roll Cinnamon Apples	24 Pork Chop** w/ Gravy Roasted Yams Normandy Blend Vegetables Whole Grain Breadstick Pineapple Chunks	25 Seasonal Chicken Salad Whole Grain Bread Macaroni Salad Stewed Tomatoes Tropical Fruit Cup	26 Hamburger Lettuce & Tomatoes Whole Grain Bun Roasted Red Potatoes Fresh Fruit (D) Chocolate Pudding (R)
29 Scrambled Eggs Pork Sausage Breakfast Potatoes Whole Grain Biscuit Apple Sauce	30 Chicken Alfredo + pasta Sliced Carrots and Peas Whole Grain Breadstick Mandarin Orange Slices	31 Beef Taco w/ Cheese Beans de la olla, Corn (2) Whole Grain Tortillas Diced Mangos Salsa		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

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