

December 2025 | NORTH TEMPE LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

1 Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinnerroll, and diced peaches	2 Beef tacos on a whole wheattortilla, Chuck Wagon corn, pinto beans, and strawberries with cream	3 Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices	4 Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana	5 Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices
8 Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries	9 Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit	10 Shrimp Alfredo on linguine noodles with broccoli and cauliflower, 5-way-vegetablemix, and an orange	11 Chili con carne, sauteed yellow squash, green side salad, cornbread, and mixed berries	12 Chicken pot pie with celery and carrots over a whole wheat biscuit, 4-way-vegetablemix, and pineapple chunks
15 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple	16 Chicken tacos on a whole wheattortilla, refried beans, roasted corn, and Mandarin orange slices	17 Beef Stroganoff over egg noodles, green beans, a garden side salad, and mango cubes	18 Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, Fig Newtons, and a pear	19 Tri Tip roast with gravy, baked potato, cauliflower, a whole wheat roll, apple crisp with oatmeal, and cake
22 Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange	23 Pot roast with gravy, potatoes with carrots and celery, sweet corn, a whole wheat biscuit, and a banana	24 Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, chopped veggie salad, and a pear	25 CLOSED FOR CHRISTMAS HOLIDAY	26 CLOSED FOR CHRISTMAS HOLIDAY
29 Cheeseburger on a whole wheat bun with tatertots, baked beans, and a fruit cocktail	30 Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie	31 Corned beef, cabbage, red potatoes, whole wheat rye bread, and mixed berries	1	2

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

December 2025 | ESCALANTE LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

1 Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinnerroll, and diced peaches	2 Beef tacos on a whole wheattortilla, Chuck Wagon corn, pinto beans, and strawberries with cream	3 Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices	4 Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana	5 Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices
8 Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries	9 Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit	10 Shrimp Alfredo on linguine noodles with broccoli and cauliflower, 5-way-vegetablemix, and an orange	11 Chili con carne, sauteed yellow squash, green side salad, cornbread, and mixed berries	12 Chicken pot pie with celery and carrots over a whole wheat biscuit, 4-way-vegetablemix, and pineapple chunks
15 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple	16 Chicken tacos on a whole wheattortilla, refried beans, roasted corn, and Mandarin orange slices	17 Beef Stroganoff over egg noodles, green beans, a garden side salad, and mango cubes	18 Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, Fig Newtons, and a pear	19 Tri Tip roast with gravy, baked potato, cauliflower, a whole wheat roll, apple crisp with oatmeal, and cake
22 Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange	23 Pot roast with gravy, potatoes with carrots and celery, sweet corn, a whole wheat biscuit, and a banana	24 Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, chopped veggie salad, and a pear	25 CLOSED FOR CHRISTMAS HOLIDAY	26 CLOSED FOR CHRISTMAS HOLIDAY
29 Cheeseburger on a whole wheat bun with tatertots, baked beans, and a fruit cocktail	30 Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie	31 Corned beef, cabbage, red potatoes, whole wheat rye bread, and mixed berries	1	2

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ITEMS WITH **
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PRODUCTS

December 2025 | GRANITE REEF LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

1 Pork Stuffed Cabbage Rolls**, Cabbage, Steamed Carrots, Brown Rice, WW Roll, Pear Halves	2 Salmon Patties, Steamed Broccoli, Roasted Sweet Potato, WW Bun, Banana	3 Baked Chicken Parmesan, Tomato Sauce, Winter Squash Blend, Penne Pasta, Pineapple Chunks	4 Pork Stir-Fry**, Onions, carrots, Steamed Snow Peas, Tri-Colored Quinoa, Sliced Oranges	5 Vegetarian Black Bean Tacos w/ Cheese, Pico de Gallo, Mexican Street Style Cauliflower, Corn Tortilla, Mango Chunks
8 Chicken & Vegetable Noodle Soup, Side Salad, Carrots, Onions, Corn, Greenbeans, WW Roll, Egg Noodles, Peach Slices	9 Kielbasa & Potatoes**, Spinach, Pepper, Onion, Potatoes, WW Biscuit, Grapes	10 Beef Roast & Onion Gravy, Steamed Carrots, Mashed Potatoes, WW Roll, Mixed Berries	11 Turkey Meatballs, Steamed Green Beans, Tomato Sauce, Spaghetti, Garlic Breadstick, Cinnamon Apples	12 Bean and Vegetable Chili, Carrots, Onions, tomatoes, Steamed Broccoli, Cornbread, Banana
15 Pork Carnitas**, Winter Squash Blend, Ranchero Beans, Corn Tortilla, Mango Chunks	16 Sloppy Joes, California Vegetable Blend, Roasted Tomatoes, WW Bun, Banana	17 Panko Crusted Tilapia, Steamed Brussels Sprouts, Skillet Fried Corn, Lemon Herbed Couscous Salad, Cinnamon Apples	18 Egg & Cheese Bake, Pepper, Onions, Breakfast Potatoes, Croissant, Pineapple Chunks	19 Oven-Baked Chicken, Steamed Asparagus, Roasted Yellow Squash, Brown Rice Pilaf, WW Roll, Orange Wedges
22 Tuna Casserole, Steamed Broccoli, Peas, Egg Noodles, Orange Wedges	23 Turkey Meatloaf, Green Beans, Mashed Sweet Potatoes, WW Roll, Applesauce	24 Bean & Vegetable Chili, Side Salad, Carrots, onions, tomatoes, Cornbread, Fresh Grapes	25 CLOSED FOR CHRISTMAS HOLIDAY	26 CLOSED FOR CHRISTMAS HOLIDAY
29 Roasted Chicken, Lemon Pepper Green Beans, Roasted Carrots, Whole Wheat Stuffing, Pear Halves	30 Oven Baked Salmon, Steamed Asparagus, Cowboy Corn Salad, Brown Rice, Mixed Berries	31 Pork Tenderloin**, Balsamic Glazed Carrots, Roasted Red Potatoes, WW Biscuit, Cinnamon Apple Slices	1	2

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PLEASE REGISTER AT LEAST ONE DAY IN ADVANCE BY CONTACTING TCAA'S MEAL RESERVATIONS LINE AT 480-312-1724.