

June 2026 | LUNCH MENU



Mon	Tue	Wed	Thu	Fri
1 Chicken Parmesan on whole wheat pasta w/ marinara sauce, yellow squash, California blend vegetables, and pineapple.	2 Pork** meatball sub on a whole wheat roll with lettuce and cheese, whole green beans, and diced peaches.	3 Breaded Shrimp on brown rice pilaf, chuck wagon corn, Brussels Sprouts, and a whole pear.	4 Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, a graham cracker, and apple sauce.	5 Cold Strawberry chicken salad on a bed of greens, cucumbers, and red onion, 3 bean salad, a whole wheat roll, mango cubes, and fig newton's.
8 BBQ pulled pork** on a whole wheat bun with coleslaw, baked beans and a tropical fruit cup.	9 Turkey with gravy, mashed potatoes, broccoli, green onions, a whole wheat roll, and peach crisp.	10 Shredded teriyaki beef with broccoli on a bed of brown rice, oriental mixed veggies, and a pear.	11 Chicken fillet with gravy, steamed carrots and cauliflower, a whole wheat roll, a fig newton, and apple sauce.	12 Salisbury Steak with gravy. Brown rice pilaf, yams, Capri veggie blend. Whole wheat roll and fruit cocktail.
15 Veggie lasagna with 4-way vegetables, zucchini, a whole wheat breadstick, and apricots.	16 Meatloaf with gravy, sweet corn, yellow squash, a whole wheat roll, a graham cracker, and a banana.	17 Chicken stuffed w/ Broccoli, Spinach, Roasted tomatoes, a whole wheat roll, mango cubes, and a graham cracker	18 Scrambled eggs with turkey sausage, breakfast potatoes, country gravy over a fresh biscuit, fig new-tons and an orange.	19 Glazed salmon fillet over brown rice pilaf with coleslaw, peas, fruit cocktail and a whole wheat bun.
22 Philly cheesesteak with peppers and onions on a hoagie, tater tots, succotash, and diced peaches.	23 Chicken Pot Pie with a biscuit and peas and carrots, a side of 5 way veggies and a pear.	24 Bacon, ham**, lettuce, and tomato wrap in a whole wheat tortilla, coleslaw, and apple sauce.	25 Shrimp Alfredo over whole wheat pasta with cauliflower, zucchini, and a fruit cocktail.	26 Cheeseburger with shredded lettuce, tomato, onion, and pickles on a whole wheat bun, a side of baked beans, and an orange.
29 Oven 'Fried' chicken. Mashed potatoes, and gravy, corn, butternut squash, whole wheat biscuit and diced pears.	30 Pork** Loin with gravy over brown rice, green beans, carrot/raisin salad, and a tropical fruit cup.			

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