

# April 2024 | Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <b>Tortilla Crusted Tilapia</b> Spinach Summer Squash Whole Grain Roll Sliced Peaches</p>	<p>2 Meatloaf w/ Gravy Mashed Potatoes Steamed Baby Carrots Whole Grain Roll Cinnamon Apples</p>	<p>3 Pork Chop** w/ Gravy Roasted Yams Normandy Blend Vegetables Whole Grain Breadstick Pineapple Chunks</p>	<p>4 Seasonal Chicken Salad Whole Grain Bread Macaroni Salad Stewed Tomatoes Tropical Fruit Cup</p>	<p>5 Hamburger Lettuce &amp; Tomatoes Whole Grain Bun Roasted Red Potatoes Fresh Fruit</p>
<p>8 Scrambled Eggs w/ Pork Sausage** Breakfast Potatoes Whole Grain Biscuit Apple Sauce</p>	<p>9 Chicken Alfredo Sliced Carrots Peas Whole Grain Breadstick Mandarin Orange Slices</p>	<p>10 Beef Taco w/ Cheese Beans de La Olla Corn Whole Grain Tortillas Diced Mangos</p>	<p>11 <b>Shrimp Etouffee</b> 4-Way Mixed Vegetables Cauliflower Basmati Rice Pineapple Chunks</p>	<p>12 Chicken Parmesan Red Sauce Italian Vegetables Italian Green Beans Whole Wheat Breadstick Sliced Apricots</p>
<p>15 <b>Shrimp Scampi</b> Carrot Coins Brussels Sprouts Whole Grain Roll Fresh Grapes</p>	<p>16 Beef Stew Yellow Potatoes &amp; Carrots Asparagus Whole Wheat Biscuit Mixed Berries</p>	<p>17 Chicken Patty w/ Gravy Broccoli Chef's Vegetables Whole Grain Biscuit Sliced Apples</p>	<p>18 Pork Cutlet** w/ Gravy Mashed Potatoes Zucchini Whole Grain Roll Fruit Cocktail</p>	<p>19 <b>Tortilla Crusted Tilapia</b> Peas Yams Whole Grain Roll Sliced Peaches</p>
<p>22 Beef Burgundy &amp; Noodles 5-Way Vegetables Chef's Vegetables Apple Crisp</p>	<p>23 Barbecue Chicken Cauliflower Succotash Whole Grain Roll Mandarin Orange Slices</p>	<p>24 Ham and Swiss Sandwich** Macaroni Salad Stewed Tomatoes Fruit Cocktail</p>	<p>25 Beef Stroganoff &amp; Pasta Peas and Pearl Onions Roasted Corn Whole Grain Breadstick Fresh Banana</p>	<p>26 Herb-Roasted Chicken w/ Gravy Green Beans Baby Carrots Whole Grain Roll Sliced Pears</p>
<p>29 Pork Cutlet** w/ Gravy Mashed Potatoes Carrot Coins Whole Grain Roll Pineapple Chunks</p>	<p>30 Veggie Lasagna Beets Winter Vegetables Whole Wheat Bread Stick Strawberries</p>	<p>MENU FOR: Meals on Wheels, Tempe &amp; South Scottsdale &amp; Tempe Congregate Meals (CM) Granite Reef Congregate Meals (CM)</p>	<p>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.</p>	