

February 2025 | LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

<p>3</p> <p>Pot roast with potatoes & carrots, coleslaw, a whole grain roll, and an apple crisp with Oatmeal topping.</p>	<p>4</p> <p>Turkey with mashed potatoes and gravy, a whole grain roll, pineapple chunks, and whole wheat fig newtons.</p>	<p>5</p> <p>Porkchop** with gravy, sliced mushrooms, winter vegetable mix, lemon-herbed quinoa, an orange, and an oatmeal cookie.</p>	<p>6</p> <p>Shrimp Scampi with yellow squash, 5-way vegetable mix, whole wheat penne noodles, and cubed mangoes.</p>	<p>7</p> <p>Beef and broccoli, edamame, Asian vegetable mix, brown rice, and pear slices.</p>
<p>10</p> <p>Ham** and Swiss cheese sandwich on whole wheat bread, coleslaw, French fries, and an orange.</p>	<p>11</p> <p>Cod fillet with Brussel sprouts, chuck wagon corn, brown rice pilaf, and mixed berries.</p>	<p>12</p> <p>Beef stew, carrots and potatoes, broccoli, a whole wheat biscuit, and apricots.</p>	<p>13</p> <p>Herb-encrusted chicken, yam, spinach, a whole grain roll, apples and cinnamon, and Graham crackers.</p>	<p>14</p> <p>Pork** meatballs, Italian vegetables, butternut squash, whole wheat penne noodles, and peaches.</p>
<p>17</p> <p>**CLOSED**</p> 	<p>18</p> <p>Salisbury steak, mashed potatoes, Normandy vegetables, a whole grain roll, peach crisp with Oatmeal topping.</p>	<p>19</p> <p>Shrimp Alfredo, broccoli, mixed vegetables, brown rice, and pineapple.</p>	<p>20</p> <p>Chicken with curry sauce, edamame, winter vegetables, whole wheat penne pasta, and apricots.</p>	<p>21</p> <p>Blackened Pork**, cauliflower, peas, a whole grain roll, applesauce, and graham crackers.</p>
<p>24</p> <p>Turkey, whole wheat stuffing, mashed potatoes, baby carrots, and peaches.</p>	<p>25</p> <p>Scrambled eggs with diced bell pepper and onion mix, pork** sausage, tater tots, a whole wheat biscuit, and mandarin oranges.</p>	<p>26</p> <p>Barbeque Pork** chop, baked beans, summer squash, lemon quinoa, and an apple.</p>	<p>27</p> <p>Chicken tacos on a whole wheat tortilla, refried beans, Mexican corn, and a banana.</p>	<p>28</p> <p>Whole wheat spaghetti and beef meatballs, green beans, garden Greek salad, a bread stick, and sliced pears.</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