


# August 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
	<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>		<p>1  <b>Shrimp Scampi</b>                      Carrot Coins                      Brussels Sprouts                      Whole Grain Roll                      Fresh Assorted Grapes</p>	<p>2                      Beef Stew                      Yellow Potatoes &amp; Carrots                      Asparagus                      Whole Wheat Biscuit                      Mixed Berries</p>
<p>5                      Chicken Patty w/                      Country Gravy                      Broccoli                      Chef's Vegetables                      Whole Grain Biscuit                      Sliced Apples</p>	<p>6                      Pork Cutlet** w/ Gravy                      Mashed Potatoes                      Zucchini                      Whole Grain Roll                      Fruit Cocktail (D)  <b>Birthday Cake</b> (R)</p>	<p>7  <b>Tortilla Crusted Tilapia</b>                      Peas                      Yams                      Whole Grain Roll                      Sliced Peaches</p>	<p>8                      Beef Burgundy                      Egg Noodles                      5-Way Vegetables (Lima Beans, Carrots, Green Beans, Corn)                      Apple Crisp</p>	<p>9                      Barbecue Chicken                      Cauliflower                      Succotash                      Whole Grain Roll                      Mandarin Orange Slices</p>
<p>12                      Ham** &amp; Swiss Sandwich                      Macaroni Salad (Corn, Onions, &amp; Carrot)                      Stewed Tomatoes                      Whole grain Roll                      Fruit Cocktail</p>	<p>13                      Beef Stroganoff                      Peas &amp; Pearl Onions                      Roasted Corn                      Whole Grain Breadstick                      Fresh Banana</p>	<p>14                      Herb Roasted Chicken w/                      Gravy                      Green Beans                      Baby Carrots                      Whole Grain Roll                      Sliced Pears</p>	<p>15                      Pork** Cutlet w/ Gravy,                      Mashed Potatoes                      Carrot Coins                      Whole Grain Roll                      Pineapple Chunks</p>	<p>16                      Veggie Lasagna                      Beets                      Winter Veggies                      Pasta                      Whole Wheat Bread Stick                      Strawberries</p>
<p>19                      Beef Hot Dog                      Yams                      Corn                      Whole Wheat Bun                      Apple Sauce</p>	<p>20                      Orange Chicken                      Asian Vegetable Blend                      Spinach                      Whole Grain Roll                      Fresh Apple</p>	<p>21  <b>Shrimp Scampi</b>                      Brown Rice                      Yellow Squash                      Succotash                      Whole Grain Roll Peaches</p>	<p>22                      Chicken Parmesan                      Normandy Vegetable Blend                      Beets                      Whole Grain Roll                      Sliced Apricots</p>	<p>23                      Salisbury Steak                      Mashed Potatoes w/ Gravy                      Green Beans &amp; Tomatoes                      Whole Grain Roll                      Sliced Pears</p>
<p>26                      Roasted Pork Loin** w/                      Gravy                      Baked Potato, Broccoli                      Whole Grain Roll                      Fresh Grapes</p>	<p>27  <b>Tuna Sandwich</b>                      Whole Wheat Croissant                      Coleslaw                      Sliced Tomatoes                      Mixed Berries</p>	<p>28                      Chicken Nuggets                      Italian Vegetables                      Edamame                      Whole Grain Roll                      Fresh Orange</p>	<p>29                      Meatloaf w/ Gravy                      Mashed Potatoes                      Green Beans                      Whole Grain Roll                      Granny Smith Apple</p>	<p>30                      Spaghetti &amp; Meatballs**                      Italian Mixed Veggies                      Wax Beans                      Whole Grain Roll                      Mandarin Oranges</p>