

May 2026 | LUNCH MENU



Mon	Tue	Wed	Thu	Fri
				1 Cheeseburger with lettuce, onions, tomato and pickles on a whole wheat bun, a side of baked beans, and an orange.
4 Oven 'fried' chicken, mashed potatoes and gravy, a whole wheat biscuit, and diced pears.	5 Pork** carnitas with peppers, onions, and Pinto beans on a whole wheat tortilla, and tropical fruit.	6 Cold tuna salad with fire roasted corn, Brussels sprouts, a whole wheat roll, fig newtons, and a Mandarin orange cup.	7 Pot roast with gravy, grilled vegetable mix, potatoes and carrots, brown rice pilaf, and a banana.	8 Roasted turkey with gravy, peas and pearl onions, steamed carrots, a whole wheat roll, and an oatmeal fruit crisp.
11 Pork** fried rice with Asian vegetable mix, steamed asparagus, and an orange.	12 Swedish meatballs on whole wheat pasta with a side of sweet potatoes, green beans, and sliced peaches.	13 Shrimp scampi on whole wheat pasta with Normandy vegetables, corn, and grapes.	14 Chicken sandwich with lettuce and tomato on a whole wheat bun, a side of mixed vegetables, and a banana.	15 Pork chop** with gravy, roasted red potatoes, steamed broccoli, a whole wheat biscuit, apple sauce, and fig newtons.
18 Honey garlic chicken on brown rice with Asian mix vegetables, edamame, cubed mangoes, and a fortune cookie.	19 Cheese ravioli with summer squash, Italian vegetables, a whole wheat bread-stick, and sliced pears.	20 Chicken Cordon Bleu with whole wheat pasta, 5-way vegetable mix, a side salad, and a mixed berry oatmeal crisp.	21 Pot roast with gravy, steamed broccoli, potatoes and carrots, a whole grain roll, and a banana.	22 Coconut chicken curry and potatoes on brown rice with cubed carrots and grapes.
25 Beefy nachos with cheese, pinto beans, and onions, a side of zucchini, and mango cubes.	26 Cold chicken pasta salad with celery, bell peppers, and onions, 3-bean salad, and a peach crisp with granola.	27 Sweet pork** with shredded lettuce, steamed broccoli, roasted tomatoes, cilantro lime brown rice, and a fruit cocktail.	28 Flatbread cheese pizza, side salad, peas and carrots, croutons, and apple sauce.	29 Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, a banana, and Graham crackers.

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