

December 2025 |

LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

1 Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinnerroll, and diced peaches	2 Beef tacos on a whole wheattortilla, Chuck Wagon corn, pinto beans, and strawberries with cream	3 Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices	4 Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana	5 Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices
8 Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries	9 Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit	10 Shrimp Alfredo on linguine noodles with broccoli and cauliflower, 5-way-vegetablemix, and an orange	11 Chili con carne, sauteed yellow squash, green side salad, cornbread, and mixed berries	12 Chicken pot pie with celery and carrots over a whole wheat biscuit, 4-way-vegetablemix, and pineapple chunks
15 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple	16 Chicken tacos on a whole wheattortilla, refried beans, roasted corn, and Mandarin orange slices	17 Beef Stroganoff over egg noodles, green beans, a garden side salad, and mango cubes	18 Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, Fig Newtons, and a pear	19 Tri Tip roast with gravy, baked potato, cauliflower, a whole wheat roll, apple crisp with oatmeal, and cake
22 Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange	23 Pot roast with gravy, potatoes with carrots and celery, sweet corn, a whole wheat biscuit, and a banana	24 Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, chopped veggie salad, and a pear	25 CLOSED FOR CHRISTMAS HOLIDAY	26 CLOSED FOR CHRISTMAS HOLIDAY
29 Cheeseburger on a whole wheat bun with tatertots, baked beans, and a fruit cocktail	30 Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie	31 Corned beef, cabbage, red potatoes, whole wheat rye bread, and mixed berries	1	2

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