


May 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 Beef Hot Dog Whole Wheat Bun Yams Corn Applesauce</p>	<p>2 Orange Chicken Asian Vegetable Blend Spinach Whole Grain Roll Fresh Apple</p>	<p>3 Shrimp Scampi Yellow Squash Succotash Brown Rice Whole Grain Roll Peaches</p>
<p>6 Chicken Parmesan Normandy Blend Vegetables Beets Whole Grain Roll Sliced Apricots</p>	<p>7 Salisbury Steak Mashed Potatoes & Gravy Green Beans & Tomatoes Whole Grain Roll Sliced Pears</p>	<p>8 Roasted Pork Loin** w/ Gravy Baked Potato Broccoli Whole Grain Roll Fresh Grapes</p>	<p>9 Tuna Sandwich Whole Wheat Croissant Coleslaw Sliced Tomatoes Mixed Berries</p>	<p>10 Chicken Nuggets Italian Vegetables Edamame Whole Grain Roll Fresh Orange</p>
<p>13 Meatloaf w/ Gravy Mashed Potatoes Green Beans Whole Grain Roll Granny Smith Apple</p>	<p>14 Spaghetti w/ Pork Meatballs** Italian Vegetables Wax Beans Whole Grain Roll Mandarin Oranges</p>	<p>15 Baked Cod 4-Way Vegetables Edamame Whole Grain Roll Fruit Cup (D) Chocolate Cake (R)</p>	<p>16 Lemon Herb Chicken Asparagus Beets Whole Grain Roll Banana</p>	<p>17 Hamburger Whole Wheat Bun Tater Tots Low Sodium V8 Juice Pineapple Chunks</p>
<p>20 Curry Chicken w/ Rice Grilled Vegetables Carrots Whole Grain Roll Watermelon</p>	<p>21 Ham Steak** Mashed Potatoes & Gravy Brussels Sprouts Whole Grain Roll Fresh Grapes</p>	<p>22 Beef and Broccoli White Rice Snow Peas Whole Grain Roll Fresh Pear</p>	<p>23 Cod Fish Tacos Whole Wheat Tortilla Carrot & Cabbage Coleslaw Steamed Spinach Pineapple (D) Brownie (R)</p>	<p>24 Broccoli & Cheese Stuffed Chicken Breast 5-Way Vegetables Fresh Salad Whole Grain Roll Mango Chunks</p>
<p>27 CLOSED In observance of <i>Memorial Day</i></p>	<p>28 Meatloaf w/ Gravy Mashed Potatoes Steamed Baby Carrots Whole Grain Roll Cinnamon Apples</p>	<p>29 Pork Chop** w/ Gravy Roasted Yams Normandy Blend Vegetables Whole Grain Breadstick Pineapple Chunks</p>	<p>30 Seasonal Chicken Salad Whole Grain Bread Macaroni Salad Stewed Tomatoes Tropical Fruit Cup</p>	<p>31 Hamburger w/ Lettuce & Tomatoes Whole Grain Bun Roasted Red Potatoes Fresh Fruit (D) Chocolate Pudding (R)</p>