

October 2025 |

NORTH TEMPE LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

29	30	1 Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.	2 Roast turkey and gravy with mashed potatoes and broccoli, a whole wheat dinner roll, mixedfruit salad, and Fig Newton's.	3 Pork loin** , potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.
6 Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.	7 Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.	8 Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices.	9 Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.	10 Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.
13 Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries.	14 Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit.	15 Shrimp Alfredo on linguine noodles with broccoli and cauliflower, 5-way-vegetable mix, and an orange.	16 Chili con carne, sautéed yellow squash, green side salad, cornbread, and mixed berries.	17 Chicken pot pie with celery and carrots over a whole wheat biscuit, 4-way-vegetable mix, and pineapple chunks.
20 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	21 Chicken tacos on a whole wheat tortilla, refried beans, roasted corn, and Mandarin orange slices.	22 Beef Stroganoff over egg noodles, green beans, a garden side salad, and mango cubes.	23 Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, Fig Newton's, and a pear.	24 Meatloaf with gravy, mashed potatoes, Normandy vegetables, a whole wheat dinner roll, and a peach crisp with oatmeal.
27 Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange.	28 Pot roast with gravy, potatoes with carrots and celery, sweet corn, a wholewheat biscuit, and a banana.	29 Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, chopped veggie salad, and a pear.	30 Roast beef Open-faced sandwich on whole wheat bread with gravy, mashed potatoes, green beans, sliced apples, and graham crackers.	31 Tuna salad sandwich on whole wheat bread with baby carrots, 3-bean salad, and Mandarin orange slices.

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

October 2025 |

ESCALANTE LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

29	30	1 Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.	2 Roast turkey and gravy with mashed potatoes and broccoli, a whole wheat dinner roll, mixedfruit salad, and Fig Newton's.	3 Pork loin** , potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.
6 Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.	7 Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.	8 Barbeque pork** sandwichon a whole wheat bun, baked beans,yellow squash, and watermelon slices.	9 Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.	10 Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.
13 Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries.	14 Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit.	15 Shrimp Alfredo on linguine noodles with broccoli and cauliflower, 5-way-vegetable mix, and an orange.	16 Chili con carne, sautéed yellow squash, green side salad, cornbread, and mixed berries.	17 Chicken pot pie with celery and carrots over a whole wheat biscuit, 4-way-vegetable mix, and pineapple chunks.
20 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	21 Chicken tacos on a whole wheat tortilla, refried beans,roasted corn, and Mandarin orange slices.	22 Beef Stroganoff over egg noodles, green beans, a garden side salad, and mango cubes.	23 Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, Fig Newton's, and a pear.	24 Meatloaf with gravy, mashed potatoes, Normandy vegetables, a whole wheat dinner roll, and a peach crisp with oatmeal.
27 Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange.	28 Pot roast with gravy, potatoes with carrots and celery, sweet corn, a wholewheat biscuit, and a banana.	29 Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, chopped veggie salad, and a pear.	30 Roast beef Open-faced sandwich on whole wheat bread with gravy, mashed potatoes, green beans, sliced apples, and graham crackers.	31 Tuna salad sandwich on whole wheat bread with baby carrots, 3-bean salad, and Mandarin orange slices.

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October 2025

GRANITE REEF LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

29	30	1 Bean & Vegetable Chili, Side Salad, Carrots, onions, tomatoes, Cornbread, Fresh Grapes	2 Beef & Vegetable Stir Fry, Peppers & Onions, Steamed Carrots, Brown Rice, Pineapple Chunks	3 Baked Cod w/ tomato basil sauce, Roasted Zucchini, Tomato Basil sauce, Quinoa, Banana
6 Roasted Chicken, Lemon Pepper Green Beans, Roasted Carrots, Whole Wheat Stuffing, Pear Halves	7 Oven Baked Salmon, Steamed Asparagus, Cowboy Corn Salad, Brown Rice, Mixed Berries	8 Pork Tenderloin** , Balsamic Glazed Carrots, Roasted Red Potatoes, WW Biscuit, Cinnamon Apple Slices	9 Spaghetti Bolognese, Tomato Sauce, Side Salad, Spaghetti, Garlic Breadstick, Cantaloupe	10 Vegetable Lentil Stew, Brussels Sprouts, Onion, Carrots, Tomato, WW Bread, Orange Slices
13 Baked Blackened Tilapia, Roasted Brussels Sprouts, Carrot Coins, Couscous, Whole Wheat Roll, Banana	14 Herb-Roasted Chicken, Steamed Broccoli, Roasted Tomatoes, Quinoa Pilaf, Strawberries	15 Vegetable Lasagna, Zucchini, Onions, Tomato Sauce, Steamed Green Beans, Garlic Breadstick, Cinnamon Peaches	16 Turkey & Brown Rice Stuffed Peppers, Bell Pepper, Tomatoes, Steamed Spinach, Brown Rice, Whole Wheat Roll, Fresh Grapes	17 Homestyle Beef Stew, Carrots, Potatoes, WW Biscuit, Cinnamon Apple Crumble
20 Pork Stuffed Cabbage Rolls** , Cabbage, Steamed Carrots, Brown Rice, WW Roll, Pear Halves	21 Salmon Patties, Steamed Broccoli, Roasted Sweet Potato, WW Bun, Banana	22 Baked Chicken Parmesan, Tomato Sauce, Winter Squash Blend, Penne Pasta, Pineapple Chunks	23 Pork Stir-Fry** , Onions, carrots, Steamed Snow Peas, Tri-Colored Quinoa, Sliced Oranges	24 Vegetarian Black Bean Tacos w/ Cheese, Pico de Gallo, Mexican Street Style Cauliflower, Corn Tortilla, Mango Chunks
27 Chicken & Vegetable Noodle Soup, Side Salad, Carrots, Onions, Corn, Greenbeans, WW Roll, Egg Noodles, Peach Slices	28 Kielbasa & Potatoes**, Spinach, Pepper, Onion, Potatoes, WW Biscuit, Grapes	29 Beef Roast & Onion Gravy, Steamed Carrots, Mashed Potatoes, WW Roll, Mixed Berries	30 Turkey Meatballs, Steamed Green Beans, Tomato Sauce, Spaghetti, Garlic Breadstick, Cinnamon Apples	31 Bean and Vegetable Chili, Carrots, Onions, tomatoes, Steamed Broccoli, Cornbread, Banana

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PLEASE REGISTER AT LEAST ONE DAY IN ADVANCE BY CONTACTING TCAA'S MEAL RESERVATIONS LINE AT 480-312-1724.