

Congregate Meals

July 2026

Week 1

Wednesday 1st	Chicken Caprese	Mashed Potatoes Mixed Veggies Mixed Fruit Roll Cookie
Thursday 2nd	Stuffed Cabbage	Rolls Peas Pears

Week 2

Tuesday 7th	Ground Turkey Burrito Bowl	Cilantro Lime Brown Rice Roasted Corn Shredded Lettuce Diced Tomato Tortilla Grapes
Wednesday 8th	Chicken Marsala	Yukon Mashed Potatoes Mixed Veggies Apricots Roll Pudding
Thursday 9th	Turkey Florentine	Italian Barley Pilaf Carrots Peaches Roll Cake

Week 3

Tuesday 14 th	Cheeseburgers	Hamburger Bun Lettuce/Tomato Baked Beans Peas Honeydew
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Via Linda Senior Center Congregate Lunch Program
Please call two days advance 480-312-5810
***ALL lunches come with 2% Milk**

Congregate Meals

Wednesday 15th	Tuscan Turkey Stew	Italian Brown Rice Pilaf Green Beans Peaches Biscuit Pudding
Thursday 16th	Oriental Chicken Salad	Pineapple Roll Cake

Week 4

Tuesday 21	Chicken Meatballs w/Rosa Sauce	Pesto Roasted Potato Capri Veggies Cantaloupe Roll Cheesecake
Wednesday 22nd	BBQ Pulled Pork	Roasted Sweet Potato Green Beans Coleslaw Hamburger Bun Peaches
Thursday 23rd	Green Chicken Salad	Pita Grapes Cookie

Week 5

Tuesday 28th	Cheese Manicotti w/ Marinara Sauce	Roasted Potato Capri Veggies Roll Mixed Fruit
Wednesday 29th	Chicken Picatta	Italian Barley Carrots Side Salad Pears
Thursday 30th	Meatloaf	Smashed Potato Mixed Veggies Honeydew Roll Pudding

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