November 2026 | LUNCH MENU

Tempe Community Action Agency

Mon	Tue	Wed	Thu	Fri
2 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple	3 Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.	4 Cheese ravioli with marinara sauce, a side of Italian blend vegetables, a whole wheat breadstick, and diced mango.	5 Cheeseburger on a whole wheat bun, tater tots, baked beans, and fruit cocktail.	6 Shrimp scampi on a bed of whole wheat linguine pasta, with sides of asparagus and cauliflower, and a banana.
9 Beef lasagna with 4-way vegetables, zucchini, whole wheat bread sticks, and mixed berries.	10 BBQ pork** sandwich on a whole wheat bun with baked beans, yellow squash, and grapes	11 **Closed for Veteran's Day**	12 Honey garlic chicken with Asian mix vegetables, edamame, brown rice, and tropical fruit.	13 Cod fillet with Brussels sprouts, corn, brown rice, and apricot slices.
16 Chicken stu ed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, a pear, and fig newtons.	17 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	18 Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, a chopped vegetable side salad, and an orange.	19 Tuna salad sandwich on whole wheat bread with baby carrots, a 3-bean salad, and Mandarin oranges.	20 Turkey with gravy, whole wheat bread stu ng, mashed potatoes, carrots, mixed berries, and pumpkin pie.
23 Meatloaf with gravy, mashed potatoes, green beans, a whole wheat dinner roll, mixed tropical fruit, and graham crackers.	24 Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.	25 Shrimp Alfredo on a bed of whole wheat linguine pasta, with asparagus, cauliflower, and sliced peaches.	26 **Closed for Thanksgiving holiday**	27 **Closed for Thanksgiving holiday**
30 Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange.				

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