

July 2026 | LUNCH MENU



Mon	Tue	Wed	Thu	Fri
		1 Cold tuna salad with 3-bean salad and beets, a whole wheat roll, fig newton's, and a banana.	2 Pot roast with gravy, grilled vegetable mix, potatoes and carrots, brown rice pilaf, and Mandarin oranges.	3 CLOSED FOR THE HOLIDAY
6 Pork** fried rice with Asian vegetable mix, steamed asparagus, and an orange.	7 Swedish meatballs on whole wheat pasta with a side of sweet potatoes, green beans, and sliced peaches.	8 Shrimp scampi on wholewheat pasta with Normandy vegetables, corn, and grapes.	9 Chicken sandwich with lettuce and tomato on a whole wheat bun, a side of mixed vegetables, and a banana.	10 Pork chop** with gravy, roasted red potatoes, steamed broccoli, a whole wheat biscuit, apple sauce, and fig newton's.
13 Honey garlic chicken on brown rice with Asian mix vegetables, edamame, cubed mangoes, and a fortune cookie.	14 Cheese ravioli with summer squash, Italian vegetables, a whole wheat bread-stick, and sliced pears.	15 Chicken Cordon Bleu with whole wheat pasta, 5-way vegetable mix, a side salad, and a banana.	16 Pot roast with gravy, steamed broccoli, potatoes and carrots, a whole grain roll, and a mixed berry oatmeal crisp.	17 Coconut chicken curry and potatoes on brown rice with cubed carrots and grapes.
20 Beefy nachos with cheese, pinto beans, onions, tomatoes, zucchini, salsa, and a side of mango cubes.	21 Cold chicken pasta salad with celery, bell peppers, and onions, 3-bean salad, and a peach crisp with granola.	22 Sweet pork** with shredded lettuce, steamed broccoli, roasted tomatoes, cilantro lime brown rice, and a fruit cocktail.	23 Flatbread cheese pizza, side salad, peas and carrots, croutons, and a banana.	24 Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, apple sauce, and Graham crackers.
27 Chicken Parmesan on whole wheat pasta w/ marinara sauce, yellow squash, California blend vegetables, and pineapple.	28 Pork** meatball sub on a whole wheat roll with lettuce and cheese, whole green beans, and diced peaches.	29 Breaded Shrimp on brown rice pilaf, chuck wagon corn, Brussels Sprouts, and a whole pear.	30 Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, a graham cracker, and apple sauce.	31 Cold Strawberry chicken salad on a bed of greens, cucumbers, and red onion, 3 bean salad, a whole wheat roll, mango cubes, and fig newton's.

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