

# April 2026 | LUNCH MENU



Mon	Tue	Wed	Thu	Fri
		1 Sweet pork** with shredded lettuce, steamed broccoli, roasted tomatoes, cilantro lime brown rice, and fruit cocktail.	2 Flatbread cheese pizza, side salad, peas and carrots, whole wheat croutons, and a banana.	3 Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, and apple sauce.
6 Chicken parmesan on pasta with yellow squash, California vegetable blend, and pineapple.	7 Pork** meatball sub sandwich with cheese on a whole wheat roll with shredded lettuce, a side of green beans, and a peach.	8 Breaded shrimp with cocktail sauce, Chuckwagon corn, Brussel sprouts, brown rice pilaf, and a pear.	9 Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, apple sauce, and Graham crackers.	10 Cold strawberry chicken salad with spring mix, 3-bean salad, a whole wheat roll, mango cubes, and Fig Newtons.
13 Barbeque pulled pork** with coleslaw, baked beans, a whole wheat bun, and a tropical fruit cup.	14 Turkey and gravy with mashed potatoes, broccoli, a whole wheat roll, and peach crisp.	15 Shredded teriyaki beef with broccoli, Oriental vegetable mix, brown rice, and a pear.	16 Chicken breast with gravy, steamed carrots and cauliflower, a whole wheat roll, apple sauce, and Fig Newtons.	17 Salsbury steak with gravy, Capri blend vegetables, brown rice pilaf, yam, and a fruit cocktail.
20 Veggie lasagna with 4-way-vegetables, zucchini, a whole wheat breadstick, and apricots.	21 Meatloaf and gravy with sweet corn, yellow squash, a whole wheat roll, Graham crackers, and mango cubes.	22 Chicken stuffed with broccoli, a side of spinach and roasted tomatoes, a whole wheat roll, and a banana.	23 Scrambled eggs, turkey sausage, breakfast potato, steamed broccoli, a whole wheat biscuit, Fig Newtons, and an orange.	24 Glazed salmon filet with coleslaw, peas, brown rice pilaf, and fruit cocktail.
27 Philly cheesesteak with pepper and onion on a whole wheat bun, tater tots, succotash, and diced peaches.	28 Chicken pot pie with a whole wheat biscuit, steamed carrots, 5-way veggies, Graham crackers, and a pear.	29 Bacon** lettuce, and ham** wrap on a whole wheat tortilla with tomato slices, coleslaw, and apple sauce.	30 Shrimp alfredo over whole wheat linguine, cauliflower, zucchini, and a fruit cocktail.	

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