

December 2025 | GRANITE REEF LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

1 Pork Stuffed Cabbage Rolls**, Cabbage, Steamed Carrots, Brown Rice, WW Roll, Pear Halves	2 Salmon Patties, Steamed Broccoli, Roasted Sweet Potato, WW Bun, Banana	3 Baked Chicken Parmesan, Tomato Sauce, Winter Squash Blend, Penne Pasta, Pineapple Chunks	4 Pork Stir-Fry**, Onions, carrots, Steamed Snow Peas, Tri-Colored Quinoa, Sliced Oranges	5 Vegetarian Black Bean Tacos w/ Cheese, Pico de Gallo, Mexican Street Style Cauliflower, Corn Tortilla, Mango Chunks
8 Chicken & Vegetable Noodle Soup, Side Salad, Carrots, Onions, Corn, Greenbeans, WW Roll, Egg Noodles, Peach Slices	9 Kielbasa & Potatoes**, Spinach, Pepper, Onion, Potatoes, WW Biscuit, Grapes	10 Beef Roast & Onion Gravy, Steamed Carrots, Mashed Potatoes, WW Roll, Mixed Berries	11 Turkey Meatballs, Steamed Green Beans, Tomato Sauce, Spaghetti, Garlic Breadstick, Cinnamon Apples	12 Bean and Vegetable Chili, Carrots, Onions, tomatoes, Steamed Broccoli, Cornbread, Banana
15 Pork Carnitas**, Winter Squash Blend, Ranchero Beans, Corn Tortilla, Mango Chunks	16 Sloppy Joes, California Vegetable Blend, Roasted Tomatoes, WW Bun, Banana	17 Panko Crusted Tilapia, Steamed Brussels Sprouts, Skillet Fried Corn, Lemon Herbed Couscous Salad, Cinnamon Apples	18 Egg & Cheese Bake, Pepper, Onions, Breakfast Potatoes, Croissant, Pineapple Chunks	19 Oven-Baked Chicken, Steamed Asparagus, Roasted Yellow Squash, Brown Rice Pilaf, WW Roll, Orange Wedges
22 Tuna Casserole, Steamed Broccoli, Peas, Egg Noodles, Orange Wedges	23 Turkey Meatloaf, Green Beans, Mashed Sweet Potatoes, WW Roll, Applesauce	24 Bean & Vegetable Chili, Side Salad, Carrots, onions, tomatoes, Cornbread, Fresh Grapes	25 CLOSED FOR CHRISTMAS HOLIDAY	26 CLOSED FOR CHRISTMAS HOLIDAY
29 Roasted Chicken, Lemon Pepper Green Beans, Roasted Carrots, Whole Wheat Stuffing, Pear Halves	30 Oven Baked Salmon, Steamed Asparagus, Cowboy Corn Salad, Brown Rice, Mixed Berries	31 Pork Tenderloin**, Balsamic Glazed Carrots, Roasted Red Potatoes, WW Biscuit, Cinnamon Apple Slices	1	2

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

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