

October 2026 | LUNCH MENU



Mon	Tue	Wed	Thu	Fri	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
			1 Honey garlic chicken with Asian mix vegetables, edamame, brown rice, and tropical fruit.	2 Cod fillet with Brussels sprouts, corn, brown rice, and apricot slices.	
5 Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, a pear, and fig newtons.	6 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	7 Ham** and cheese sandwich with lettuce, tomatoes, and onion slices on a whole wheat hoagie roll, a chopped vegetable side salad, and an orange..	8 Tuna salad sandwich on whole wheat bread with baby carrots, a 3-bean salad, and Mandarin oranges.	9 Chicken enchilada with sweet corn and black beans on a whole wheat tortilla, and grapes.	
12 Meatloaf with gravy, mashed potatoes, green beans, a whole wheat dinner roll, mixed tropical fruit, and graham crackers.	13 Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.	14 Shrimp Alfredo with asparagus and cauliflower on a bed of whole wheat linguine pasta, and sliced peaches.	15 Teriyaki chicken bowl with stir fry vegetables and brown rice, edamame, fortune cookies, and apple slices.	16 Philly cheese steak with onion on a whole wheat hoagie roll, green beans, broccoli, and mixed fruit.	
19 Chicken kiev with grilled vegetables, wax beans, brown rice, and an orange.	20 Pot roast with potatoes, carrots, celery, and gravy, a side of broccoli, a whole wheat dinner roll, and a banana.	21 Chicken tacos on wholewheat tortilla with roasted corn, refried beans, and Mandarin oranges.	22 Spaghetti and meatballs with Italian green beans, a side salad, a whole wheat breadstick, and an apple crisp with oatmeal.	23 Pork** loin with potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.	
26 Clam chowder with potatoes and corn, Brussels sprouts, roasted broccoli, a whole wheat dinner roll, and apricot slices.	27 Veggie lasagna with cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	28 Roast turkey with gravy, mashed potatoes, cauliflower, a whole wheat dinner roll, mixed fruit salad, and fig newtons.	29 Chili con carne, sauteed yellow squash, green side salad, cornbread, and mixed berries.	30 Swedish pork** meatballs on a bed of egg noodles and butter with green beans, a whole wheat dinner roll, and peaches.	