

September 2026 | LUNCH MENU



Mon	Tue	Wed	Thu	Fri
	1 Swedish meatballs on whole wheat pasta with a side of sweet potatoes, green beans, and sliced peaches.	2 Shrimp scampi on wholewheat pasta with Normandy vegetables, corn, and grapes.	3 Chicken filet sandwich with lettuce and tomato on a whole wheat bun, a side of mixed vegetables, and a banana.	4 Pork chop** with gravy, roasted red potatoes, steamed broccoli, a whole wheat biscuit, Fig Newtons, and apple sauce.
7 CLOSED FOR LABOR DAY HOLIDAY	8 Cheese ravioli with marinara sauce, summer squash, Italian vegetables, a wholewheat bread-stick, and sliced pears.	9 Chicken Cordon Bleu with whole wheat pasta, 5-way vegetable mix, mixed green salad, and a banana.	10 Pot roast with gravy, steamed broccoli, potatoes, a whole grain roll, and a mixed berry crisp.	11 Coconut chicken curry and potatoes on brown rice with cubed carrots and grapes.
14 Beefy nachos with cheese, pinto beans with onions, tomato, salsa, zucchini, and mango cubes.	15 Cold chicken pasta salad with celery, bell peppers, and onions, 3-bean-salad, and a peach crisp with granola.	16 Sweet pork** with enchilada sauce, shredded lettuce, roasted tomatoes, steamed broccoli, cilantro lime brown rice, and fruit cocktail.	17 Flatbread cheese pizza, side salad with croutons, peas and carrots, and a banana.	18 Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, apple sauce, and graham crackers.
21 Chicken Parmesan with marinara sauce on pasta, yellow squash, California vegetable blend, and pineapple.	22 Pork** meatball sub on a whole wheat roll with lettuce and cheese, green beans, and a peach.	23 Breaded Shrimp with cocktail sauce, Chuckwagen corn, Brussels Sprouts, brown rice pilaf, and a pear,	24 Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, apple sauce, and graham crackers.	25 Cold Strawberry chicken salad on a bed of greens, cucumbers, red onion, 3-bean-salad, a whole wheat roll, mango cubes, and Fig Newtons.
28 BBQ pulled pork** on a whole wheat bun with coleslaw, baked beans, and a tropical fruit cup.	29 Turkey with gravy, mashed potatoes, broccoli, green onions, a whole wheat roll, and a peach crisp.	30 Shredded teriyaki beef with broccoli on a bed of brown rice, Oriental mixed vegetables, and a pear.		

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