

November 2025

GRANITE REEF LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

27	28	29	30	31
3 Pork Carnitas** , Winter Squash Blend, Ranchero Beans, Corn Tortilla, Mango Chunks	4 Sloppy Joes, California Vegetable Blend, Roasted Tomatoes, WW Bun, Banana	5 Panko Crusted Tilapia, Steamed Brussels Sprouts, Skillet Fried Corn, Lemon Herbed Couscous Salad, Cinnamon Apples	6 Egg & Cheese Bake, Pepper, Onions, Breakfast Potatoes, Croissant, Pineapple Chunks	7 Oven-Baked Chicken, Steamed Asparagus, Roasted Yellow Squash, Brown Rice Pilaf, WW Roll, Orange Wedges
10 CLOSED FOR VETERANS' DAY	11 CLOSED FOR VETERANS' DAY	12 Bean & Vegetable Chili, Side Salad, Carrots, onions, tomatoes, Cornbread, Fresh Grapes	13 Beef & Vegetable Stir Fry, Peppers & Onions, Steamed Carrots, Brown Rice, Pineapple Chunks	14 Baked Cod w/ tomato basil sauce, Roasted Zucchini, Tomato Basil sauce, Quinoa, Banana
17 Roasted Chicken, Lemon Pepper Green Beans, Roasted Carrots, Whole Wheat Stuffing, Pear Halves	18 Oven Baked Salmon, Steamed Asparagus, Cowboy Corn Salad, Brown Rice, Mixed Berries	19 Pork Tenderloin** , Balsamic Glazed Carrots, Roasted Red Potatoes, WW Biscuit, Cinnamon Apple Slices	20 Spaghetti Bolognese, Tomato Sauce, Side Salad, Spaghetti, Garlic Breadstick, Cantaloupe	21 Vegetable Lentil Stew, Brussels Sprouts, Onion, Carrots, Tomato, WW Bread, Orange Slices
24 Baked Blackened Tilapia, Roasted Brussels Sprouts, Carrot Coins, Whole Wheat Roll, Banana	25 Herb-Roasted Chicken, Steamed Broccoli, Roasted Tomatoes, Strawberries	26 Vegetable Lasagna, Zucchini, Onions, Tomato Sauce, Steamed Green Beans, Garlic Breadstick, Cinnamon Peaches	27 CLOSED FOR THANKSGIVING HOLIDAY	28 CLOSED FOR THANKSGIVING HOLIDAY
1	2	3	4	5

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.