

March 2026 | LUNCH MENU



Mon	Tue	Wed	Thu	Fri
2 Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches.	3 Chicken enchilada, sweet corn, black beans, grapes, and graham crackers.	4 Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal.	5 Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit.	6 Chicken salad with bacon** , lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices.
9 Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots.	10 Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches.	11 Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers.	12 Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks.	13 Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.
16 Shrimp Scampi on whole wheat angel hair pasta with roasted Brussels sprouts, caprese salad, and mango chunks.	17 Chicken fajitas with bell peppers and onions, whole wheat tortillas, roasted corn and black beans, brown rice, and pineapple chunks.	18 Spaghetti and meatballs, Italian green beans, side salad, a whole wheat bread-stick, and an apple crisp with oatmeal.	19 Roast turkey and gravy with mashed potatoes, broccoli, a whole wheat dinner roll, mixed fruit salad, and Fig Newtons.	20 Pork loin** with potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.
23 Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.	24 Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.	25 Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices.	26 Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.	27 Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.
30 Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries.	31 Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit.			

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