


# May 2024 | Lunch Menu

## MENU FOR:

Meals on Wheels, Tempe & South Scottsdale  
 Tempe Congregate Meals (CM) & Granite Reef Congregate Meals (CM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>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</p>	<p><b>1</b>            Beef Hot Dog            Whole Wheat Bun            Yams            Corn            Applesauce</p>	<p><b>2</b>            Orange Chicken            Asian Vegetable Blend            Spinach            Whole Grain Roll            Fresh Apple</p>	<p><b>3</b>  <b>Shrimp Scampi</b>            Yellow Squash Succotash            Brown Rice            Whole Grain Roll            Peaches</p>
<p><b>6</b>            Chicken Parmesan            Normandy Blend Vegetables            Beets            Whole Grain Roll            Sliced Apricots</p>	<p><b>7</b>            Salisbury Steak            Mashed Potatoes &amp; Gravy            Green Beans &amp; Tomatoes            Whole Grain Roll            Sliced Pears</p>	<p><b>8</b>            Roasted Pork Loin** w/ Gravy            Baked Potato            Broccoli            Whole Grain Roll            Fresh Grapes</p>	<p><b>9</b>  <b>Tuna Sandwich</b>            Whole Wheat Croissant            Coleslaw            Sliced Tomatoes            Mixed Berries</p>	<p><b>10</b>            Chicken Nuggets            Italian Vegetables            Edamame            Whole Grain Roll            Fresh Orange</p>
<p><b>13</b>            Meatloaf w/ Gravy            Mashed Potatoes            Green Beans            Whole Grain Roll            Granny Smith Apple</p>	<p><b>14</b>            Spaghetti w/ Pork Meatballs**            Italian Vegetables            Wax Beans            Whole Grain Roll            Mandarin Oranges</p>	<p><b>15</b>  <b>Baked Cod</b>            4-Way Vegetables            Edamame            Whole Grain Roll            Fruit Cup (D)            Chocolate Cake (R)</p>	<p><b>16</b>            Lemon Herb Chicken            Asparagus            Beets            Whole Grain Roll            Banana</p>	<p><b>17</b>            Hamburger            Whole Wheat Bun            Tater Tots            Low Sodium V8 Juice            Pineapple Chunks</p>
<p><b>20</b>            Curry Chicken w/ Rice            Grilled Vegetables            Carrots            Whole Grain Roll            Watermelon</p>	<p><b>21</b>            Ham Steak**            Mashed Potatoes &amp; Gravy            Brussels Sprouts            Whole Grain Roll            Fresh Grapes</p>	<p><b>22</b>            Beef and Broccoli            White Rice            Snow Peas            Whole Grain Roll            Fresh Pear</p>	<p><b>23</b>  <b>Cod Fish Tacos</b>            Whole Wheat Tortilla            Carrot &amp; Cabbage Coleslaw            Steamed Spinach            Pineapple (D)            Brownie (R)</p>	<p><b>24</b>            Broccoli &amp; Cheese Stuffed            Chicken Breast            5-Way Vegetables            Fresh Salad            Whole Grain Roll            Mango Chunks</p>
<p><b>27</b>  <b>Tortilla Crusted Tilapia</b>            Steamed Spinach            Summer Squash            Whole Grain Roll            Sliced Peaches</p>	<p><b>28</b>            Meatloaf w/ Gravy            Mashed Potatoes            Steamed Baby Carrots            Whole Grain Roll            Cinnamon Apples</p>	<p><b>29</b>            Pork Chop** w/ Gravy            Roasted Yams            Normandy Blend Vegetables            Whole Grain Breadstick            Pineapple Chunks</p>	<p><b>30</b>            Seasonal Chicken Salad            Whole Grain Bread            Macaroni Salad            Stewed Tomatoes            Tropical Fruit Cup</p>	<p><b>31</b>            Hamburger w/ Lettuce            &amp; Tomatoes            Whole Grain Bun            Roasted Red Potatoes            Fresh Fruit (D)            Chocolate Pudding (R)</p>