


April 2024 | Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| <p>1 Tortilla Crusted Tilapia Spinach Summer Squash Whole Grain Roll Sliced Peaches</p> | <p>2 Meatloaf w/ Gravy Mashed Potatoes Steamed Baby Carrots Whole Grain Roll Cinnamon Apples</p> | <p>3 Pork Chop** w/ Gravy Roasted Yams Normandy Blend Vegetables Whole Grain Breadstick Pineapple Chunks</p> | <p>4 Seasonal Chicken Salad Whole Grain Bread Macaroni Salad Stewed Tomatoes Tropical Fruit Cup</p> | <p>5 Hamburger Lettuce & Tomatoes Whole Grain Bun Roasted Red Potatoes Fresh Fruit</p> |
| <p>8 Scrambled Eggs w/ Pork Sausage** Breakfast Potatoes Whole Grain Biscuit Apple Sauce</p> | <p>9 Chicken Alfredo Sliced Carrots Peas Whole Grain Breadstick Mandarin Orange Slices</p> | <p>10 Beef Taco w/ Cheese Beans de La Olla Corn Whole Grain Tortillas Diced Mangos</p> | <p>11 Shrimp Etouffee 4-Way Mixed Vegetables Cauliflower Basmati Rice Pineapple Chunks</p> | <p>12 Chicken Parmesan Red Sauce Italian Vegetables Italian Green Beans Whole Wheat Breadstick Sliced Apricots</p> |
| <p>15 Shrimp Scampi Carrot Coins Brussels Sprouts Whole Grain Roll Fresh Grapes</p> | <p>16 Beef Stew Yellow Potatoes & Carrots Asparagus Whole Wheat Biscuit Mixed Berries</p> | <p>17 Chicken Patty w/ Gravy Broccoli Chef's Vegetables Whole Grain Biscuit Sliced Apples</p> | <p>18 Pork Cutlet** w/ Gravy Mashed Potatoes Zucchini Whole Grain Roll Fruit Cocktail</p> | <p>19 Tortilla Crusted Tilapia Peas Yams Whole Grain Roll Sliced Peaches</p> |
| <p>22 Beef Burgundy & Noodles 5-Way Vegetables Chef's Vegetables Apple Crisp</p> | <p>23 Barbecue Chicken Cauliflower Succotash Whole Grain Roll Mandarin Orange Slices</p> | <p>24 Ham and Swiss Sandwich** Macaroni Salad Stewed Tomatoes Fruit Cocktail</p> | <p>25 Beef Stroganoff & Pasta Peas and Pearl Onions Roasted Corn Whole Grain Breadstick Fresh Banana</p> | <p>26 Herb-Roasted Chicken w/ Gravy Green Beans Baby Carrots Whole Grain Roll Sliced Pears</p> |
| <p>29 Pork Cutlet** w/ Gravy Mashed Potatoes Carrot Coins Whole Grain Roll Pineapple Chunks</p> | <p>30 Veggie Lasagna Beets Winter Vegetables Whole Wheat Bread Stick Strawberries</p> | <p>MENU FOR: Meals on Wheels, Tempe & South Scottsdale & Tempe Congregate Meals (CM) Granite Reef Congregate Meals (CM)</p> | <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> |  |