


OCTOBER 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
	1 Popcorn chicken Mashed potatoes w/gravy Corn Whole wheat biscuit Banana	2 Pork cutlet** Peas and onion Yam Whole grain roll Tropical fruit	3 Vegetable lasagna Normandy vegetables Garden salad Whole grain roll Mandarin oranges	4 Hamburger Whole wheat bun Tater tots 4-way vegetable medley Grapes
7 Shrimp alfredo Whole wheat pasta Italian vegetables Carrots Mixed fruit	8 Pot roast Potatoes and carrots Coleslaw Whole grain roll Apple crisp w/ oatmeal topping	9 Turkey Mashed potatoes w/ gravy Green beans Whole grain roll Pineapple chunks Whole wheat fig bars	10 Pork chop** w/ gravy Sliced mushrooms Winter vegetable mix Lemon-herbed quinoa Orange Oatmeal cookie	11 Shrimp Scampi Wheat penne noodles Yellow squash 5-way vegetable mix Mango
14 Beef and broccoli Edamame Asian vegetable mix Brown rice Pears	15 Ham** and Swiss sandwich Whole wheat bread Coleslaw French fries Orange	16 Cod fillet Brussels sprouts Chuck wagon corn Brown rice pilaf Mixed berries	17 Beef stew w/carrots & potatoes Broccoli Whole wheat biscuit Apricots	18 Herb encrusted chicken Yam Spinach Whole grain roll Graham crackers Apples with cinnamon
21 Pork** meatballs Italian vegetables Butternut squash Whole wheat penne Peaches	22 Chicken breast stuffed w/ Broccoli and cheese Spinach Baby carrots Whole wheat biscuit Apple	23 Salisbury steak Mashed potatoes Normandy vegetables Whole grain roll Oatmeal peach crisp	24 Shrimp alfredo Broccoli Mixed vegetables Brown rice Pineapple	25 Chicken with curry sauce Edamame Winter vegetables Whole wheat penne pasta Apricot
28 Blackened pork** Cauliflower Peas Whole grain roll Applesauce Graham crackers	29 Turkey Mashed potatoes Baby carrots Whole wheat bread stuffing Peaches	30 Pork** sausage Scrambled eggs Tater tots Diced bell pepper & onion Whole wheat biscuit Mandarin oranges	31 BBQ pork** chop Baked beans Summer squash Lemon quinoa Apple	Items with **contain pork or pork products. Menu subject to change due to availability. TCAA is funded in part by Area Agency on Aging, Region One.