


# JANUARY 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TCAA is funded in part by Area Agency on Aging, Region One</p> <p>Menu subject to change due to availability. Items with **contain pork or pork products.</p>	 <p><b>Tempe Community Action Agency</b></p>	<p>1</p> <p>Closed for Federal Holiday</p>	<p>2</p> <p><b>Chicken Tacos</b>, refried beans, Mexican corn, whole wheat tortilla, and a banana.</p>	<p>3</p> <p><b>Whole Wheat Spaghetti and Beef Meatballs</b>, green beans, garden green salad, bread stick, and sliced pears.</p>
<p>6</p> <p><b>Shrimp Scampi</b>, yellow squash, five-way vegetable mix, whole wheat fettucine, and cubed mangos.</p>	<p>7</p> <p><b>Chicken Kiev</b>, spinach, baby carrots, whole grain roll, and an apple.</p>	<p>8</p> <p><b>** Roasted Pork Loin</b>, cauliflower, peas, brown rice pilaf, and mixed berries.</p>	<p>9</p> <p><b>Tortilla-Encrusted Tilapia</b>, Brussels sprouts, chuck wagon corn, whole grain roll, and an orange.</p>	<p>10</p> <p><b>Hamburger</b> on a whole wheat bun, tater tots, four-way vegetable medley, and grapes.</p>
<p>13</p> <p><b>Herb-Encrusted Chicken</b>, summer squash, Italian vegetable medley, whole wheat pasta, and sliced pears.</p>	<p>14</p> <p><b>Open-Faced Roast Beef Sandwich</b>, roasted red potatoes, green beans, whole wheat bread, whole wheat Fig Newtons (R), and mixed berries (D)</p>	<p>15</p> <p><b>Vegetarian Lasagna</b>, Normandy vegetables, garden green salad, whole-wheat roll, and grapes.</p>	<p>16</p> <p><b>Shrimp Alfredo</b>, spinach, mixed vegetables, brown rice, and a banana.</p>	<p>17</p> <p><b>** Scrambled Eggs and Pork Sausage</b>, tater tots, diced bell pepper and onion mix, whole wheat biscuit, and Mandarin oranges.</p>
<p>20</p> <p>Closed for Federal Holiday</p>	<p>21</p> <p><b>Chicken Nuggets</b>, carrots and potatoes, broccoli, whole grain roll, and apricots.</p>	<p>22</p> <p><b>Meatloaf</b>, roasted skin-on potatoes, Brussels sprouts, whole grain roll, and a mixed berry crisp.</p>	<p>23</p> <p><b>Chicken Salad</b>, edamame, stewed tomatoes, whole grain roll, grapes (D), and Graham Crackers (R)</p>	<p>24</p> <p><b>Herb-Encrusted Tilapia</b>, yams, winter blend vegetables, brown rice pilaf, and an apple.</p>
<p>27</p> <p><b>Popcorn Chicken</b>, mashed potatoes, corn, whole wheat biscuit, and a banana.</p>	<p>28</p> <p><b>** Pork Cutlet</b>, peas and onions, yams, whole wheat roll, and tropical fruit.</p>	<p>29</p> <p><b>Veggie Lasagna</b>, Normandy vegetables, green garden salad, whole wheat roll, and Mandarin oranges.</p>	<p>30</p> <p><b>Hamburger</b> on a whole wheat bun, tater tots, 4-way veggie medley, and grapes</p>	<p>31</p> <p><b>Shrimp Alfredo</b> on whole wheat pasta, Italian vegetables, carrots, and Mixed fruit.</p>