

August 2025 | LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

28	29	30	31	1 Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and a Banana.
4 Open-Faced Roast Beef Sandwich on Whole Wheat Bread, Roasted Red Potatoes, Green Beans, Mandarin Orange Slices, and Whole Wheat Fig Newtons.	5 Cheese Ravioli with Spinach, 3-Bean Salad, Sliced Beets, a Whole Grain Roll, and Pineapple Chunks.	6 Salisbury Steak, Mashed Potatoes, Normandy Vegetables, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.	7 Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.	8 Chicken Parmesan, Italian Blend Vegetables, Wax Beans, Whole Wheat Penne Pasta, an Italian Breadstick, and Strawberries.
11 Veggie Lasagna, Yellow Squash, 5- Way Vegetable Mix, and Cubed Mangoes.	12 Roasted Pork** Loin, Cauliflower, Peas, Brown Rice Pilaf, Mixed Berries, and Whole Wheat Fig Newtons.	13 Bean and Cheese Burrito with Mexican Corn, Bell Peppers and Onions, Spanish Brown Rice, and Cubed Mangoes.	14 Meatloaf, Roasted Skin- On Potatoes, Brussels Sprouts, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.	15 Chicken Kiev, Stewed Tomatoes, Italian Green Beans, a Whole Wheat Roll, and a Granny Smith Apple.
18 Beef Stir Fry with Rice, Bell Peppers and Onions, Asian Vegetable Blend, Roasted Tomatoes, and a Banana.	19 Chicken Taco on a Whole Wheat Tortilla, Refried Beans, Corn, and Pineapple Chunks.	20 Baked Ham** with Pineapple, Yams, Edamame, a Whole Wheat Roll, and Apricot Slices.	21 Beef Philly Cheesesteak on a Whole Wheat Hoagie, Mixed Vegetables, Potato Chips, and A Pear.	22 Tuna Salad Sandwich on Whole Grain Bread, Celery and Carrot Sticks, Broccoli Salad with Bacon Bits**, and Mandarin Orange Slices.
25 Cheese Ravioli with Spinach, Italian Vegetable Blend, Cauliflower, a Whole Grain Bread Stick, and Sliced Apples.	26 Beefy Mac and Cheese, 4-Way Vegetable Mix, Carrot Coins, a Whole Wheat Roll, and an Orange.	27 Scrambled Eggs with Diced Bell Pepper and Onion, Turkey Sausage, Tater Tots, a Whole Wheat Tortilla, and Mandarin Oranges.	28 Grilled Chicken with Roasted Tomatoes, 3- Bean Salad, a Whole Wheat Roll, and a Mixed Fruit Cup.	29 Garlic and Lemon Baked Tilapia with Spinach, Peas, Brown Rice Pilaf, and a Banana.
1	2	3	4	5

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