

October 2025 |

GRANITE REEF LUNCH MENU



**Tempe Community
Action Agency**

Mon

Tue

Wed

Thu

Fri

29	30	1 Bean & Vegetable Chili, Side Salad, Carrots, onions, tomatoes, Cornbread, Fresh Grapes	2 Beef & Vegetable Stir Fry, Peppers & Onions, Steamed Carrots, Brown Rice, Pineapple Chunks	3 Baked Cod w/ tomato basil sauce, Roasted Zucchini, Tomato Basil sauce, Quinoa, Banana
6 Roasted Chicken, Lemon Pepper Green Beans, Roasted Carrots, Whole Wheat Stuffing, Pear Halves	7 Oven Baked Salmon, Steamed Asparagus, Cowboy Corn Salad, Brown Rice, Mixed Berries	8 Pork Tenderloin** , Balsamic Glazed Carrots, Roasted Red Potatoes, WW Biscuit, Cinnamon Apple Slices	9 Spaghetti Bolognese, Tomato Sauce, Side Salad, Spaghetti, Garlic Breadstick, Cantaloupe	10 Vegetable Lentil Stew, Brussels Sprouts, Onion, Carrots, Tomato, WW Bread, Orange Slices
13 Baked Blackened Tilapia, Roasted Brussels Sprouts, Carrot Coins, Couscous, Whole Wheat Roll, Banana	14 Herb-Roasted Chicken, Steamed Broccoli, Roasted Tomatoes, Quinoa Pilaf, Strawberries	15 Vegetable Lasagna, Zucchini, Onions, Tomato Sauce, Steamed Green Beans, Garlic Breadstick, Cinnamon Peaches	16 Turkey & Brown Rice Stuffed Peppers, Bell Pepper, Tomatoes, Steamed Spinach, Brown Rice, Whole Wheat Roll, Fresh Grapes	17 Homestyle Beef Stew, Carrots, Potatoes, WW Biscuit, Cinnamon Apple Crumble
20 Pork Stuffed Cabbage Rolls** , Cabbage, Steamed Carrots, Brown Rice, WW Roll, Pear Halves	21 Salmon Patties, Steamed Broccoli, Roasted Sweet Potato, WW Bun, Banana	22 Baked Chicken Parmesan, Tomato Sauce, Winter Squash Blend, Penne Pasta, Pineapple Chunks	23 Pork Stir-Fry** , Onions, carrots, Steamed Snow Peas, Tri-Colored Quinoa, Sliced Oranges	24 Vegetarian Black Bean Tacos w/ Cheese, Pico de Gallo, Mexican Street Style Cauliflower, Corn Tortilla, Mango Chunks
27 Chicken & Vegetable Noodle Soup, Side Salad, Carrots, Onions, Corn, Greenbeans, WW Roll, Egg Noodles, Peach Slices	28 Kielbasa & Potatoes**, Spinach, Pepper, Onion, Potatoes, WW Biscuit, Grapes	29 Beef Roast & Onion Gravy, Steamed Carrots, Mashed Potatoes, WW Roll, Mixed Berries	30 Turkey Meatballs, Steamed Green Beans, Tomato Sauce, Spaghetti, Garlic Breadstick, Cinnamon Apples	31 Bean and Vegetable Chili, Carrots, Onions, tomatoes, Steamed Broccoli, Cornbread, Banana

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

PLEASE REGISTER
AT LEAST ONE
DAY IN ADVANCE
BY CONTACTING
TCAA'S MEAL
RESERVATIONS
LINE AT 480-312-
1724.