

# TCAA SENIOR LUNCH MENU----SEPTEMBER 2019

Menu items are subject to change due to availability of food items. Items with \*\* contain pork or pork products

*Please contact TCAA at 480-858-6511 for more information*

| MONDAY- CAHILL  | TUESDAY-ESCALANTE   | WEDNESDAY-N. TEMPE   | THURSDAY-ESCALANTE   | FRIDAY-N.TEMPE  |
|---|---|--|--|---|
| 2<br><br><b>LABOR DAY CLOSED</b>  | 3<br><b>Chicken Chimichanga</b><br><b>Shredded Lettuce &amp; Tomato</b><br><b>Refried Beans</b><br><b>Whole Wheat Tortilla</b><br><b>Fresh Apple</b>                                    | 4<br><b>Egg Bake</b><br><b>Hash Brown Potatoes</b><br><b>Peppers, Onions, &amp; Mushrooms</b><br><b>Wheat Biscuit</b><br><b>Fresh Banana</b>                       | 5<br><b>Beef Tater Tot Casserole</b><br><b>Stewed Tomatoes</b><br><b>Green Beans</b><br><b>Whole Wheat Roll</b><br><b>Jell-O Fruit Salad</b>             | 6<br><b>Baked Pollock w/ Fruit Salsa</b><br><b>Caribbean Vegetables</b><br><b>Cauliflower</b><br><b>Whole Wheat Roll</b><br><b>Apricots</b>               |
| 9<br><u><b>Cold Salad Plate</b></u><br><b>Chicken, Beet &amp; Broccoli</b><br><b>Whole Wheat Crackers</b><br><b>Oreo Cake</b><br><b>Fresh Fruit</b> | 10<br><b>Dill Tilapia</b><br><b>Spinach</b><br><b>Scandinavian Vegetables</b><br><b>Whole Wheat Roll</b><br><b>Apricots</b>   | 11<br><b>Garlic Chicken w/ Angel Hair</b><br><b>Pasta</b><br><b>Italian Vegetable Mix</b><br><b>Garden Salad</b><br><b>Whole Wheat Roll</b><br><b>Fresh Orange</b> | 12<br><b>Pulled Pork Sandwich w/</b><br><b>Peppers &amp; Onions**</b><br><b>Brussel Sprouts</b><br><b>Whole Wheat Bun</b><br><b>Peaches</b>              | 13<br><b>Honey Garlic Chicken</b><br><b>Rice</b><br><b>Carrots</b><br><b>Oriental Vegetables</b><br><b>Cherry Trifle Cake</b>                             |
| 16<br><b>Lemon Baked Cod</b><br><b>Chef's Vegetables</b><br><b>Peas &amp; Carrots</b><br><b>Whole Wheat Roll</b><br><b>Fresh Grapes</b>             | 17<br><b>Italian Sausage Sandwich**</b><br><b>Peppers &amp; Onions</b><br><b>Italian Vegetables</b><br><b>Whole Grain Bun</b><br><b>Sliced Peaches</b>                                  | 18<br><b>Beef Stew</b><br><b>Rice</b><br><b>Chuck Wagon Vegetables</b><br><b>Winter Vegetables</b><br><b>Whole Wheat Roll</b><br><b>Fruit Ambrosia</b>             | 19<br><b>Chicken Breast w/ Gravy</b><br><b>Mashed Potatoes</b><br><b>Rancho Fiesta Vegetable Blend</b><br><b>Whole Wheat Roll</b><br><b>Fresh Orange</b> | 20<br><u><b>Cold Salad Plate</b></u><br><b>Crab, Macaroni, &amp; 3 Bean</b><br><b>Whole Wheat Crackers</b><br><b>Sliced Pears</b>                         |
| 23<br><b>Open Face Turkey</b><br><b>Sandwich</b><br><b>Yams</b><br><b>Green Beans</b><br><b>Whole Wheat Bread</b><br><b>Applesauce</b>              | 24 <b>Birthday Celebration</b><br><br><b>Spaghetti w/ Meat Sauce</b><br><b>Capri Vegetables &amp; Spinach</b><br><b>Whole Wheat Roll</b><br><b>Fresh Orange</b><br><b>Birthday Cake</b> | 25<br><b>Roast Pork Loin w/ Honey**</b><br><b>Mustard Sauce</b><br><b>Yams</b><br><b>Green Beans</b><br><b>Whole Wheat Roll</b><br><b>Apricots</b>                 | 26<br><b>Butter Glazed Tilapia</b><br><b>Cauliflower</b><br><b>Normandy Vegetables</b><br><b>Whole Wheat Roll</b><br><b>Fruit Cocktail</b>               | 27<br><b>Soft Shell Chicken Taco</b><br><b>Lettuce, Tomato &amp; Cheese</b><br><b>Refried Beans</b><br><b>Whole Wheat Tortilla</b><br><b>Cherry Crisp</b> |
| 30<br><b>Stuffed Peppers</b><br><b>Lima Beans</b><br><b>Garden Salad</b><br><b>Whole Wheat Roll</b><br><b>Pineapple</b>                             |   |  |  |   |