



2026

milk and fruit
served daily

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served Monday through Friday at 11:30 a.m. Meal reservations and cancellations must be made at least three business days in advance.				
3	4	5	6	7
Turkey (Pavo) Burger Wheat Bun Yukon potatoes Peas	Chicken (Pollo) Enchilada Bowl Corn Black Beans Whole Grain Tortilla	Tofu Buddha Bowl Pickled Red Cabbage Edamame Whole Grain Yakisoba Noodles	Lemon Maple Salmon (Pescado) Carrots Potatoes Brown Rice	BBQ Chicken (Pollo) Salad, Romaine Lettuce, Cabbage, Dinner Roll
10	11	12	13	14
French Onion Chicken (Pollo) Spinach, Caramelized Onions, Peas Whole Grain Rotini	Ham (Cerdo) Sandwich w/Garlic Mayo, WW Bun, Mixed Yukon Potato Salad w/Celery	Pesto Chicken (Pollo) Plate w/Roma Tomatoes, Spinach Whole Wheat Couscous	Turkey (Pavo) Taco Bowl w/Corn, Roasted Peppers & Onions, Brown Rice	Yakisoba Noodles w/Tofu, Roasted Sweet Potatoes, and Edamame
17	18	19	20	21
Tinga Chicken (Pollo) Tacos, Avocado Salsa Verde, Black Beans Whole Grain Tortilla	Beef (Carne) Meatballs w/Whole Grain Pasta, Marinara, Zucchini	Lemon Herb Baked Cod (Pescado) w/ WW Couscous, Chickpeas, and Red Cabbage	Lemon Pepper Chicken (Pollo), Broccoli, Carrots WW Quinoa	Yakisoba Noodle Salad w/Tofu, Red Bell Pepper, Spinach, Carrots, Cabbage Blend, WW Yakisoba Noodles
24	25	26	27	28
Roasted Chicken (Pollo) with Potatoes, Corn, Brown Rice	Macaroni & Cheese, Peas, Carrots Wheat Noodles	Pollo Asado Taco Bowl Chicken, Black Beans Corn Salad Wheat Tortilla	Turkey (Pavo) w/Whole Grain Noodles, Broccoli, and Cabbage	Beef (Carne) Hot Dog, Potatoes, Corn, WW Bun
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Elote Salad w/Chicken (Pollo), Corn, Tomatoes, Elote Cesar Dressing, Dinner Roll	 SENIOR PROGRAMS CITY OF PHOENIX HUMAN SERVICES  			