



2026

milk and fruit
served daily

Monday	Tuesday	Wednesday	Thursday	Friday
The Home Delivered Meal Program is funded in part by the Area Agency on Aging, Region One, Inc.				
3	4	5	6	7
Cold Meal	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
Cold Meal	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
Cold Meal	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
Cold Meal	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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Cold Meal	 SENIOR PROGRAMS CITY OF PHOENIX HUMAN SERVICES			
				
				