

# JULY 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, Regions One, Inc.				
 <b>SENIOR PROGRAMS</b> <small>CITY OF PHOENIX   HUMAN SERVICES</small> <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 10px;"><b>EVERYTABLE</b></div>	1	2	3	
	Pollo Asado Taco Bowl (Pollo) Black Beans Corn Salad Whole Grain Tortilla	Beef Hot (Carne) Dog, Roasted Potatoes, Corn, WW Bun	Cold Meal	
6	7	8	9	10
Cold Meal	Tex-Mex Turkey Rotini (Pavo) Black Beans Corn Salad Whole Grain Rotini	Baked Salmon (Pescado), Roasted Peppers, Onions, and Quinoa	Egg Salad Sandwich on WW Bun, Carrot and Cabbage Slaw	Southwest Chicken Salad Chicken (Pollo) Romaine, Roasted Corn Salad, Cilantro Lime Quinoa
13	14	15	16	17
Cold Meal	Pork Chile Verde w/Black Beans, Spanish Rice, Corn Salad, Quinoa	Mediterranean Chicken (Pollo), Pickled Cabbage, Green Beans, Cous Cous	Thai Red Curry Chick Peas w/Broccoli, Carrots and Brown Rice	Baked Chicken w/Sweet Potato Mash, Green Beans, WW Roll
20	21	22	23	24
Cold Meal	Chicken Cacciatore (Pollo) Roasted Mushrooms Roasted Peppers & Onions Whole Grain Rotini	Mediterranean Herb Chickpeas, Cabbage, Potatoes, Spanish Rice	Tomato Basil Baked Cod (Pescado) Steamed Green Beans Carrots Millet Pilaf	Turkey Shepherd's Pie (Pavo) Corn Yukon Potatoes Ciabatta
27	28	29	30	31
Cold Meal	Lemon Pepper Chicken (Pollo) Salad Lettuce Red cabbage Roll	Roasted Pork (Cerdo) Chop w/Peppers, Onions, Potatoes, Spanish Rice	Roasted Lemon Dill Chicken (Pollo) Green Beans Roasted Potatoes Couscous	Cauliflower Romesco (Tofu + Chickpeas) Cauliflower Rice Tomatoes, red peppers, (romesco sauce) Quinoa