

MAY

2026

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>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. Members age 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5. Members without a lunch reservation may be placed as a "standby" meal based on availability.</p>					
 <p>SENIOR PROGRAMS CITY OF PHOENIX HUMAN SERVICES</p>				<p>EVERYTABLE</p> <p>milk and fruit served daily</p>	<p>1</p> <p>Vegan Yakisoba Noodle Salad (Tofu + Edamame) Red Bell Pepper Spinach/Carrot/ Cabbage Blend Whole Grain Yakisoba Noodles</p>
4	5	6	7	8	
<p>Roasted Chicken (Pollo) Zucchini Corn Millet Pilaf</p>	<p>Pollo Asado Taco Bowl (Pollo) Black Beans Corn Salad Whole Grain Tortilla</p> 	<p>Creamy Lemon Broccoli Pilaf w/Roasted Tofu Broccoli Peas Brown Rice</p>	<p>Turkey (Pavo) w/Whole Grain Soba Noodles Broccoli Red Cabbage</p>	<p>Beef (Carne) Bolognese Cooked Carrots Peas Rotini Pasta</p>	
11	12	13	14	15	
<p>Elote Caesar Salad (Pollo) w/Cojita Lime Dressing Romaine Lettuce Corn Ciabatta</p>	<p>Tex-Mex Turkey Rotini (Pavo) Black Beans Corn Salad Whole Grain Rotini</p>	<p>Tofu Larb with Rice Noodles Broccoli Carrots Whole Grain Yakisoba Noodles</p>	<p>Baked Salmon (Pescado) Zucchini Roasted Peppers & Onions Quinoa</p>	<p>Za'atar Seasoned Veggie & Chicken (Pollo) Bowl Spinach/Carrot/Cabbage Blend Pickled Red Cabbage Brown Rice</p>	
18	19	20	21	22	
<p>Southwest Chicken (Pollo) Salad w/Cojita Lime Dressing Romaine Lettuce Corn Salad Cilantro Lime Quinoa</p>	<p>Beef & Broccoli (Carne) Broccoli Peas Brown Rice</p>	<p>Baked Chicken (Pollo) with Sweet Potato Mash Spinach Sweet Potatoes Ciabatta</p>	<p>Mediterranean Herb Tofu with Quinoa Chickpeas Red Cabbage Quinoa</p>	<p>Pork Chile Verde (Cerdo) Black Beans Corn Salad Brown Rice</p>	
25	26	27	28	29	
<p>CENTER CLOSED Memorial Day Holiday</p> 	<p>Chicken Cacciatore (Pollo) Roasted Mushrooms Roasted Peppers & Onions Whole Grain Rotini</p>	<p>Teriyaki Tofu Broccoli Peas Brown Rice</p>	<p>Tomato Basil Baked Cod Steamed Green Beans Carrots Millet Pilaf</p>	<p>Turkey Shepherd's Pie (Pavo) Corn Yukon Potatoes Ciabatta</p>	