



2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Home Delivered Meal Program is funded in part by the Area Agency on Aging, Regions One, Inc. Milk and fruit served daily.</p>				
<p>SENIOR PROGRAMS CITY OF PHOENIX HUMAN SERVICES</p>				1
				<p>milk and fruit served daily</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
Cold Meal	Pollo Asado Taco Bowl (Pollo) Black Beans Corn Salad Whole Grain Tortilla	Creamy Lemon Broccoli Pilaf w/Roasted Tofu Broccoli Peas Brown Rice	Turkey (Pavo) w/Whole Grain Soba Noodles Broccoli Red Cabbage	Beef (Carne) Bolognese Cooked Carrots Peas Rotini Pasta
11	12	13	14	15
Cold Meal	Tex-Mex Turkey Rotini (Pavo) Black Beans Corn Salad Whole Grain Rotini	Tofu Larb with Rice Noodles Broccoli Carrots Whole Grain Yakisoba Noodles	Baked Salmon (Pescado) Zucchini Roasted Peppers & Onions Quinoa	Za'atar Seasoned Veggie & Chicken (Pollo) Bowl Spinach/Carrot/Cabbage Blend Pickled Red Cabbage Brown Rice
18	19	20	21	22
Cold Meal	Beef & Broccoli (Carne) Broccoli Peas Brown Rice	Baked Chicken (Pollo) with Sweet Potato Mash Spinach Sweet Potatoes Ciabatta	Mediterranean Herb Tofu with Quinoa Chickpeas Red Cabbage Quinoa	Pork Chile Verde (Cerdo) Black Beans Corn Salad Brown Rice
25	26	27	28	29
Cold Meal	Chicken Cacciatore (Pollo) Roasted Mushrooms Roasted Peppers & Onions Whole Grain Rotini	Teriyaki Tofu Broccoli Peas Brown Rice	Tomato Basil Baked Cod Steamed Green Beans Carrots Millet Pilaf	Turkey Shepherd's Pie (Pavo) Corn Yukon Potatoes Ciabatta