November 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 four business days in advance. Tofu in lieu of meal protien is available.				
2	3	4	5	6
Beef Fajitas 墨西哥铁板牛肉, w/Bell Pepper & Onion, Mixed Vegetables	Chicken Soup 雞湯with Cabbage, Carrots & Rice	BBQ Pork Sandwich 燒烤豬肉三明治, Superfood Coleslaw, Rosemary Potatoes	Spaghetti with Meatballs 肉丸意大利面, Side Salad	Lemon Pepper Shrimp 檸檬蝦, Chop Suey, Steamed Broccoli
9	10	11	12	13
Chicken Parmesan 帕尔玛鸡肉, Normandy Mixed Vegetables & WW Roll	Sweet and Sour Pork 糖醋豬肉, Roasted Yellow Squash, Chop Suey	 **Veteran's Day - Center Closed**	Roasted White Fish 烤白魚 with Ginger Scallions & Soy, Roasted Eggplant, Garlic Green Beans	Beef & Noodle Soup 牛肉麵 with Onion, Carrots & Bok Choy
16	17	18	19	20
Chicken 芝麻雞 Club Salad with Shredded Carrot, Bacon, Cherry Tomatoes Ranch Dressing & WW Dinner Roll	Thai Coconut Shrimp Soup w/ Rice 椰子虾汤, Mushroom & Green Bell Pepper/Tomato	Sesame Chicken 芝麻雞, Green Beans, Asian Mixed Vegetable	Ginger and Scallion Beef 薑蔥牛肉, Napa Cabbage, Asian Mixed Veg	Kung Pao Pork 宮保豬肉, Napa Cabbage, Broccoli
23	24	25	26	27
Mandarin Glazed Baked Fish蜜汁烤魚, Zucchini, Chop Suey	Szechuan Beef 四川牛肉, Napa Cabbage, Mushrooms	Smothered Turkey 焖火鸡, Mashed Sweet Potatoes, Green Beans	**Thanksgiving Center Closed** 	**Thanksgiving Center Closed** 
30				
Bang Bang Fish 砰砰虾, Broccoli, Yellow Squash				

SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES

EVERYTABLE

6/18/2026