



JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Home Delivered Meals are funded in part by the Area Agency on Aging, Region One, Inc.				
1	2	3	4	5
NA	Lemon Pepper Chicken (Pollo), Salad Lettuce, Red cabbage, Wheat Roll 	Roasted Pork Chop (Cerdo), Peppers and Onions, Potatoes	Roasted Lemon Dill Chicken (Pollo), Green Beans, Roasted Potatoes, Couscous	Cauliflower Romesco (Tofu + Chickpeas), Cauliflower Rice, Tomatoes, red peppers, (romesco sauce) Quinoa
8	9	10	11	12
NA	Chicken Enchilada Bowl (Pollo), Corn, Black Beans, Whole Grain Tortilla	Roasted Tofu Buddha Bowl, Pickled Red Cabbage, Edamame, Whole Grain Yakisoba Noodles	Lemon Maple Salmon (Pescado), Carrots, Potatoes, Brown Rice	BBQ Chicken Salad (Pollo) w/BBQ Ranch Dressing, Romaine Lettuce, Cabbage, Wheat Roll
15	16	17	18	19
NA	Ham (Cerdo) Sandwich w/Mayo on Wheat Roll, Potato Salad w/Garlic Mayo, and Celery	Sliced Pesto Chicken (Pollo), Roma Tomatoes, Spinach, Whole Wheat, Couscous	Turkey Taco Bowl (Pavo), Corn, Roasted Peppers & Onions, Brown Rice	Tofu Yakisoba, Roasted Sweet Potato, Edamame, Whole grain Noodles
22	23	24	25	26
NA	Beef Meatball Pasta (Carne) Marinara, Zucchini, Whole Grain Rotini	Lemon Herb Baked Cod (Pescado), Chickpeas, Red Cabbage, Couscous	Sliced Lemon Pepper Chicken (Pollo), Spinach, Broccoli, Carrots, Quinoa	Vegan Yakisoba Noodle Salad (Tofu + Edamame), Red Bell Pepper, Spinach/Carrot/Cabbage Blend, Whole Grain Yakisoba Noodles
29	30	 <p>SENIOR PROGRAMS CITY OF PHOENIX HUMAN SERVICES</p>		
NA	Macaroni and Cheese, Peas, Carrots.			