

JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Meal reservations and cancellations must be made at least three business days in advance. Members without a lunch reservation may be placed as a "standby" meal based on availability. Tofu option in lieu of meal protein is available.				
1	2	3	4	5
Bang Bang Fish 碎碎鱼, Broccoli, Yellow Squash	Sticky Pork Ribs 蜜汁排骨, Napa Cabbage, Asian Mixed Vegetable 	Beef Taco Bowl 碎牛肉炸玉米饼 with Lettuce, Tomatoes & Cheddar, Pinto Beans and Onions, Potatoes	Chicken & Cabbage Stir-Fry 鸡肉炒包菜, Green Beans, Mixed Vegetables	Sweet and Sour Pork 糖醋排骨, Bok Choy, Asian Mixed Vegetables
8	9	10	11	12
Miso Chicken Soup 味噌鸡汤 with Cabbage & Carrots	Country Fried Steak w/ Gravy 炸牛排, Mashed Potato, Buttered Carrots	Soy Baked Fish 豆油焗鱼, Asian Mixed Vegetable, Zucchini	BBQ Chicken 燒雞/烧鸡, Cauliflower, Green Beans	Stir-Fry Pork 炒猪肉, Napa Cabbage w/ Carrots, Zucchini
15	16	17	18	19
Miso Glazed Cod 味噌釉面鳕鱼, Mixed Vegetables, Green Beans	Chicken Lo Mein Bowl 雞肉撈麵, w/ Shredded Cabbage, Carrots & Onion, Bok Choy	Beef and Broccoli 牛肉和西蘭花, Cauliflower, Glazed Carrots	Turkey Burger 火鸡汉堡 with Swiss Cheese Lettuce, Tomato on WG Bun Potato Salad	CENTER CLOSED Holiday
22	23	24	25	26
Swedish Turkey Meatballs 瑞典火鸡肉丸, Mashed Potatoes, Mixed Vegetables	Sweet and Sour Chicken 酸甜雞, Bok Choy, Mixed Vegetables	Kung Pao Pork 宫保猪肉, Chop Suey, Peas and Carrots	Breaded Fish Sandwich 炸鱼三明治 w/ Lettuce & Tomato, Marinated Cucumbers	Chicken Alfredo with WW Pasta 鸡肉意面, Roasted Broccoli and Seasoned Carrots
29	30	 SENIOR PROGRAMS CITY OF PHOENIX HUMAN SERVICES		
Beef Fajitas 墨西哥铁板牛肉, w/Bell Pepper & Onion, Mixed Vegetables	Chicken Soup 鸡汤 with Cabbage, Carrots & Rice			