

SEP. 2026

Monday	Tuesday	Wednesday	Thursday	Friday
The Home Delivered Meal Program is funded in part by the Area Agency on Aging, Region One, Inc. Milk and fruit served daily.				
31	1	2	3	4
Cold Meal	Tex-Mex Turkey Rotini (Pavo) Black Beans Corn Salad Whole Grain Rotini	Baked Salmon (Pescado), Peppers, Onions, Zucchini, and Quinoa	Egg Salad Sandwich on WW Bun, Carrot and Cabbage Blend	Southwest Chicken Salad w/Chicken (Pollo), Romaine, Roasted Corn Salad, Quinoa
7	8	9	10	11
Cold Meal	Pork (Cerdo) Chile Verde w/Black Beans, Spanish Rice, Corn Salad, Quinoa	Mediterranean Chicken (Pollo), Cabbage, Spinach, Cous Cous	Thai Red Curry Chickpeas, Broccoli, Carrots, Brown Rice	Baked Chicken (Pollo), Sweet Potato Mash, Green Beans, Dinner Roll
14	15	16	17	18
Cold Meal	Chicken Cacciatore (Pollo) Roasted Mushrooms Roasted Peppers & Onions Whole Grain Rotini	Mediterranean Herb Chickpeas, Spanish Rice, Cabbage, Potatoes	Tomato Basil Baked Cod (Pesco) Steamed Green Beans Carrots Millet Pilaf	Turkey Shepherd's Pie (Pavo) Corn Yukon Potatoes Ciabatta
21	22	23	24	25
Cold Meal	Lemon Pepper Chicken (Pollo) Salad Lettuce Red cabbage Ciabatta	Roasted Pork (Cerdo) Chop, Peppers, Onions, Potatoes, Spanish Rice	Roasted Lemon Dill Chicken (Pollo) Spinach Roasted Potatoes Couscous	Cauliflower Romesco (Tofu + Chickpeas) Cauliflower Rice Tomatoes, red peppers, (romesco sauce) Quinoa
28	29	30	 SENIOR PROGRAMS CITY OF PHOENIX HUMAN SERVICES	
Cold Meal	Chicken Enchilada Bowl (Pollo) Corn Black Beans Whole Grain Tortilla	Roasted Tofu Buddha Bowl, Pickled Red Cabbage, Edamame Whole Grain Yakisoba Noodles		

EVERYTABLE