



North Tempe Center: January Activities

Located at: 1555 N. Bridalwreath, Tempe Open: 8am to 1pm, MONDAY to FRIDAY

Senior Center Phone #(480) 858-6512


Please register/sign-up to ensure your spot in these FREE programs!



Tempe Community Action Agency

| Monday | Tuesday | Wednesday | Thursday | Friday |
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JANUARY 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>TCAA is funded in part by Area Agency on Aging, Region One</p> <p>Menu subject to change due to availability. Items with **contain pork or pork products.</p> |  <p>Tempe Community Action Agency</p> | <p>1</p> <p>Closed for Federal Holiday</p> | <p>2</p> <p>Chicken Tacos, refried beans, Mexican corn, whole wheat tortilla, and a banana.</p> | <p>3</p> <p>Whole Wheat Spaghetti and Beef Meatballs, green beans, garden green salad, bread stick, and sliced pears.</p> |
| <p>6</p> <p>Shrimp Scampi, yellow squash, five-way vegetable mix, whole wheat fettucine, and cubed mangos.</p> | <p>7</p> <p>Chicken Kiev, spinach, baby carrots, whole grain roll, and an apple.</p> | <p>8</p> <p>** Roasted Pork Loin, cauliflower, peas, brown rice pilaf, and mixed berries.</p> | <p>9</p> <p>Tortilla-Encrusted Tilapia, Brussels sprouts, chuck wagon corn, whole grain roll, and an orange.</p> | <p>10</p> <p>Hamburger on a whole wheat bun, tater tots, four-way vegetable medley, and grapes.</p> |
| <p>13</p> <p>Herb-Encrusted Chicken, summer squash, Italian vegetable medley, whole wheat pasta, and sliced pears.</p> | <p>14</p> <p>Open-Faced Roast Beef Sandwich, roasted red potatoes, green beans, whole wheat bread, whole wheat Fig Newtons (R), and mixed berries (D)</p> | <p>15</p> <p>Vegetarian Lasagna, Normandy vegetables, garden green salad, whole-wheat roll, and grapes.</p> | <p>16</p> <p>Shrimp Alfredo, spinach, mixed vegetables, brown rice, and a banana.</p> | <p>17</p> <p>** Scrambled Eggs and Pork Sausage, tater tots, diced bell pepper and onion mix, whole wheat biscuit, and Mandarin oranges.</p> |
| <p>20</p> <p>Closed for Federal Holiday</p> | <p>21</p> <p>Chicken Nuggets, carrots and potatoes, broccoli, whole grain roll, and apricots.</p> | <p>22</p> <p>Meatloaf, roasted skin-on potatoes, Brussels sprouts, whole grain roll, and a mixed berry crisp.</p> | <p>23</p> <p>Chicken Salad, edamame, stewed tomatoes, whole grain roll, grapes (D), and Graham Crackers (R)</p> | <p>24</p> <p>Herb-Encrusted Tilapia, yams, winter blend vegetables, brown rice pilaf, and an apple.</p> |
| <p>27</p> <p>Popcorn Chicken, mashed potatoes, corn, whole wheat biscuit, and a banana.</p> | <p>28</p> <p>** Pork Cutlet, peas and onions, yams, whole wheat roll, and tropical fruit.</p> | <p>29</p> <p>Veggie Lasagna, Normandy vegetables, green garden salad, whole wheat roll, and Mandarin oranges.</p> | <p>30</p> <p>Hamburger on a whole wheat bun, tater tots, 4-way veggie medley, and grapes</p> | <p>31</p> <p>Shrimp Alfredo on whole wheat pasta, Italian vegetables, carrots, and Mixed fruit.</p> |