

THANK YOU

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Prescott Meals On Wheels Café on Rosser

is open
Monday through Friday
from 11:15am to 12:45pm

For registered diners 60 years and over a donation of \$6 is suggested.

For all other diners a \$7 payment is required.
No reservation needed
Please join us for lunch!
Milk, Tea, Coffee & Juice are included

Each meal provides 1/3 of the USDA Adult Nutritional Needs

Office Hours
Monday - Friday
8:00 am to 3:00 pm
Closed on Weekends and Holidays

1280 E Rosser Street
Prescott, AZ 86301
WWW.PrescottMealsOnWheels.org



MEALS on WHEELS

PRESCOTT

TOGETHER, WE CAN DELIVER.



Café on Rosser

MAY 2024

Phone: 928-445-7630

E-Mail:
info@prescottmealsonwheels.org

Diet and Dementia

For a person with Alzheimer's or dementia, poor nutrition may increase behavioral symptoms and cause weight loss.

These basic nutrition tips below can help boost the person with dementia's health and your health as a caregiver, too.

- *Provide a balanced diet with a variety of foods.
- *Limit foods with high saturated fat and cholesterol.
- *Cut down on refined sugars.
- *Limit foods with high sodium and use less salt.

EAT A RAINBOW



Please note that menus are subject to change without notice.

Allergy Alert: Please be advised that food prepared here may contain these ingredients or traces of these ingredients: Milk, Eggs, Wheat, Gluten, Peanuts, Soybeans, Tree Nuts, Fish and Shellfish.

WHOLE WHEAT BREAD & SALAD INCLUDED WITH EACH CAFÉ ON ROSSER LUNCH

WEEK OF MAY 1

Wednesday May 1

**Chicken Parmesan
Orzo, Yellow Squash & Kale Medley,
Breadstick, Grapes**

Thursday May 2

**Smothered Pork Loin
Rice Pilaf, Spinach w/Peppers, Apple
Slices**

Friday May 3

**Beef Stroganoff over
Egg Noodles, CA Vegetables, Pears**

WEEK OF MAY 6

Monday May 6

**Ham & Spinach Quiche
Red Potatoes, Stewed Tomatoes,
Applesauce**

Tuesday May 7

**Battered Fish
Oven Fries, Honey Carrots, Slaw,
Peaches**

Wednesday May 8

**Chicken Cacciatore
Orzo Pasta, Italian Veggies, Mixed
Fruit**

Thursday May 9

**Cheese Enchiladas
Beans, Corn w/Onions & Peppers,
Romaine, Diced Tomatoes, Apricots**

Friday May 10

**Braised Beef w/Gravy
Mashed Potatoes, Broccoli, Squash,
Fruit Cocktail**

WEEK OF MAY 13

Monday May 13

**Teriyaki Chicken
Rice, Steamed Cabbage, Asian
Vegetable Medley, Mandarin Oranges**

Tuesday May 14

**Ravioli & Sausage
Spinach & Kale Medley w/Peppers &
Onions, WG Garlic Bread, Plums**

Wednesday May 15

**Herb Chicken Breast
Couscous, Peas & Carrots, Cantaloupe**

Thursday May 16

**Penne Pasta Turkey Bolognese
Garlic Bread, Zucchini Medley, Tropical
Fruit**

Friday May 17

**Swedish Meatballs
Egg Noodles, Carrots & Cauliflower,
Peaches**

WEEK OF MAY 20

Monday May 20

**Ham Steak
Scalloped Potatoes, Butternut Squash,
Pineapple**

Tuesday May 21

**Shepherd's Pie
Balsamic Tomatoes, WG Biscuit, Jello
with Pears**

Wednesday May 22

**Chili Baked Potato
Corn, Carrots, Fruit Salad**

Thursday May 23

**BBQ Chicken Breast
Sweet Potatoes, Yellow Squash Medley,
Orange Slices**

Friday May 24

**Beef Taco Casserole,
Black Beans, Stewed Tomatoes,
Peppers, Pico de Gallo, Romaine Lettuce,
Tortilla Chips, Applesauce**

WEEK OF MAY 27

Monday May 27

CLOSED FOR MEMORIAL DAY

Tuesday May 28

**Chicken a la King,
Broccoli with Cauliflower & Carrots,
Wheat Roll, Plums**

Wednesday May 29

**Roasted Pork
Mashed Potatoes, Peas, Corn and
Onions, WG Biscuit, Apricots**

Thursday May 30

**Chicken Parmesan, Orzo, Squash &
Kale Medley, Garlic Bread,
Fruit Ambrosia**

Friday May 31

**Smothered Pork Loin, Pilaf Medley,
Spinach and Peppers, Sweet Potatoes,
Berry Mix**



"Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area assistance and alternate forms of communication are available upon request under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, NACOG Aging prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. NACOG Aging must make a reasonable accommodation to allow a person with a disability to take part in a Aging programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."