

THANK YOU

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- Yavapai Prescott Indian Tribe

**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

**JUNE
2024**

Phone: 928-445-7630

**E-Mail:
info@prescottmealsonwheels.org**



Food and drug interactions

Certain foods and beverages can interfere with several kinds of prescription and non-prescription medications.

Before taking a drug, ask your doctor or pharmacist these questions:

- Can I take it with other drugs?
- Should I avoid certain foods, beverages or other products?
- What are possible drug interaction signs I should know about?
- How will the drug work in my body? Is there more information available about the drug or my condition?
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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 JUNE 1

Monday June 3

CHEF SALAD
Ham, Turkey, Cheese
Whole Wheat Roll
Pineapple

Tuesday June 4

RAVIOLI AND SAUSAGE
Spinach, Kale, Peppers, Onions
Whole Grain Garlic Bread
Plums

Wednesday June 5

BEEF STOGANOFF
Egg noodles, California Vegetables,
Pears

Thursday June 6

HAM & SPINACH QUICHE
Red Potatoes, Stewed Tomatoes,
Applesauce

Friday June 7

BATTERED FISH
Oven Fries, Honey Carrots, Slaw,
Peaches

WEEK OF JUNE 10

Monday June 10

CHICKEN CACCIATORE
Orzo Pasta, Italian Vegetables, Mixed Fruit

Tuesday June 11

CHEESE ENCHILADAS
Beans, Corn, Onions, Peppers, Diced
Tomatoes and Romaine Lettuce.
Apricots

Wednesday June 12

BRAISED BEEF
Gravy, Mashed Potatoes, Broccoli, Squash,
Fruit Cocktail

Thursday June 13

TERIYAKI CHICKEN
Rice, Steamed Cabbage, Asian Vegetables,
Mandarin Oranges

Friday June 14

SMOTHERED PORK LOIN
Rice Pilaf, Spinach and Peppers
Apples

WEEK OF JUNE 17

Monday June 17

HERBED CHICKEN BREAST
Couscous, Peas and Carrots, Cantaloupe

Tuesday June 18

PENNE PASTA
Turkey Bolognese, Garlic Bread, Zucchini
Medley, Tropical Fruit

Wednesday June 19

CLOSED

Thursday June 20

HAM STEAK
Scalloped Potatoes, Butternut Squash,
Pineapple

Friday June 21

SHEPHERD'S PIE
Balsamic Tomatoes, Whole Grain Biscuit,
Jello with Pears

WEEK OF JUNE 24

Monday June 24

CHILI BAKED POTATO
Corn, Carrots, Fruit Salad

Tuesday June 25

BBQ CHICKEN BREAST
Sweet Potatoes, Squash Medley,
Oranges

Wednesday June 26

BEEF TACO CASSEROLE
Black Beans, Stewed Tomatoes, Peppers,
Pico De Gallo, Romaine Lettuce, Tortilla
Chips, Applesauce

Thursday June 27

CHICKEN A LA KING
Broccoli, Cauliflower, Carrots, Wheat
Roll, Plums

Friday June 28

ROASTED PORK
Mashed Potatoes, Peas, Corn, Onions,
Whole Grain Biscuit, Apricots

"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 Agency on Aging. Eligibility for 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."

