

**Prescott  
Meals On Wheels  
Café on Rosser**

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

**Healthy Eating On a Budget**

- Make a shopping list and stick to it at the grocery store.
- Don't shop hungry!
- Buy whole foods. Processed and prepared foods tend to cost more.
- Utilize coupons
- Buy generic brands
- Replace meat with other proteins like legumes, eggs and canned fish



**January  
2025**

Phone: 928-445-7630

PrescottMealsOnWheels.org

E-Mail:

info@prescottmealsonwheels.org



**MEALS on WHEELS**  
Serving Prescott & Prescott Valley

**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**

**Monday Jan 1**

**CLOSED**

**Thursday Jan 2**

SPINACH AND  
HAM FRITTATA  
Roasted Potatoes,  
Stewed Tomatoes,  
Bananas

**Friday Jan 3**

BAKED COD  
Rice Pilaf,  
California Veggies,  
Coleslaw,  
Pineapple

**Monday Jan 6**

CHICKEN AND  
DUMPLINGS  
Green Beans,  
Brown Rice,  
Apples

**Tuesday Jan 7**

CHILI CHEESE  
BAKED POTATO  
Broccoli, Whole  
Wheat Roll,  
Pears

**Wednesday Jan 8**

CHICKEN STRIPS  
Oven Fries, Peas,  
Carrots, Cauliflower,  
Applesauce

**Thursday Jan 9**

MEATBALL SUB  
Orzo, Peas, Onions  
Fruit Cocktail

**Friday Jan 10**

ROASTED PORK  
Mashed Potatoes,  
Cabbage, Carrots,  
Whole Wheat Roll,  
Peaches

**Monday Jan 13**

BEEF TACO  
CASSEROLE  
Beans, Lettuce,  
Corn Medley,  
Salsa,  
Tropical Fruit

**Tuesday Jan 14**

CHICKEN AND  
RICE CASSEROLE  
Broccoli, Carrots,  
Whole Grain  
Biscuit,  
Oranges

**Wednesday Jan 15**

BEEF BAKED ZITI  
Spinach and Squash,  
Garlic Bread,  
Spiced Apples

**Thursday Jan 16**

TERIYAKI  
CHICKEN  
Rice, Cabbage,  
Stir Fried Veggies,  
Mandarin Oranges

**Friday Jan 17**

CHEESE  
ENCHILADAS  
Refried Beans,  
Tomatoes, Peppers,  
Onions,  
Apricots

**Monday Jan 20**

**CLOSED**

**Tuesday Jan 21**

BEEF  
BURGUNDY  
Egg Noodles, Snap  
Pea Medley,  
Pineapple

**Wednesday Jan 22**

CHEESE RAVIOLI  
Zucchini Medley,  
Whole Wheat Garlic  
Bread  
Mixed Fruit

**Thursday Jan 23**

HONEY HAM  
Sweet Potatoes,  
Carrots, Onions,  
Spiced Pears

**Friday Jan 24**

TUNA SALAD  
Pita Bread, Kale and  
Cabbage Slaw,  
Sweet Potato  
Chips,  
Pears

**Monday Jan 27**

SALISBURY  
STEAK  
Mashed Potatoes,  
Peas and Carrots,  
Strawberries

**Tuesday Jan 28**

SAUSAGE  
BISCUIT & GRAVY  
Scrambled Eggs,  
Stewed Tomatoes,  
Onions, Peppers,  
Fruit Salad

**Wednesday Jan 29**

CHICKEN  
MARSALA  
Herb Pasta, Squash,  
Spinach,  
Applesauce

**Thursday Jan 30**

YANKEE  
POT ROAST  
Parsley Potatoes,  
Onions, Carrots,  
Celery,  
Pineapple

**Friday Jan 31**

SMOTHERED  
PORK LOIN  
Rice Blend,  
California Veggies,  
Biscuit,  
Peaches

“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 Agencies 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.”