

**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 For Older Adults

- \* Eat a variety of foods with little to no added sugar, saturated fats and sodium.
- \* Stay hydrated! This aids in digestion of food and absorption of nutrients.
- \* Look for important nutrients. Eat enough protein, dietary fiber, potassium, calcium, vitamin D and B12.
- \* Know what a healthy plate looks like. Use recommended servings.



# February 2025

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PrescottMealsOnWheels.org

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**Meals on Wheels**  
**MEALS on WHEELS**  
Serving Prescott and Prescott Valley



# MEALS on WHEELS

## Serving Prescott and 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 Feb 3

ORANGE CHICKEN  
Sticky Rice, Asian Style Veggies, Mandarin Oranges, Fortune Cookies

### Tuesday Feb 4

CHICKEN AND BEAN BURRITO Enchilada Style. Mexican Rice, Lettuce, Tomato, Tropical Fruit

### Wednesday Feb 5

HAM AND CHEESE SANDWICH  
Tomato Soup, Broccoli, Cauliflower, Pears

### Thursday Feb 6

SWEDISH MEATBALLS  
Egg Noodles, Peas and Peppers, Whole Wheat Roll, Bananas

### Friday Feb 7

CHICKEN STRIPS  
Mashed Potatoes, Gravy, Honey Carrots, Onions, Applesauce

### Monday Feb 10

BEEF BRATWURST WW Roll, Sauteed Onions, Fries, Corn Medley, Grapes and Pineapple

### Tuesday Feb 11

CHICKEN FRIED STEAK  
Gravy, Roasted Potatoes, Spinach and Kale Medley, Oranges

### Wednesday Feb 12

GREEN CHILI PORK  
Cilantro Rice, Stewed Tomatoes, Onions and Peppers, Tortillas, Apricots

### Thursday Feb 13

ROSEMARY CHICKEN  
Couscous, Green Beans, Red Peppers, Pears

### Friday Feb 14

CHEF'S SALAD  
Potato Chips, Whole Wheat Roll, Pudding, Fruit Cocktail

### Monday Feb 17

Closed

### Tuesday Feb 18

CHICKEN PARMESAN  
Pasta, Squash, Garlic Bread, Peaches

### Wednesday Feb 19

BEEF AND VEGGIE RAGOUT  
Whole Wheat Biscuit, Spinach, Berries

### Thursday Feb 20

BAKED COD  
Rice Pilaf, California Veggies, Coleslaw, Pineapple

### Friday Feb 21

HAM AND SPINACH FRITATTA  
Roasted Potatoes, Stewed Tomatoes, Bananas

### Monday Feb 24

CHICKEN AND DUMPLINGS  
Green Beans, Brown Rice, Apples & Oranges

### Tuesday Feb 25

CHILI BAKED POTATO  
Broccoli Medley, Whole Wheat Roll, Pears

### Wednesday Feb 26

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

### Thursday Feb 27

MEATBALL SUB  
Orzo, Peas and Onions, Fruit Cocktail

### Friday Feb 28

ROASTED PORK  
Mashed Potatoes, Cabbage and Carrots. WW Roll, 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.”