

**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, Coffee, Juice are Included

Office Hours  
Monday - Friday  
8:00 am to 3:00 pm

1280 E Rosser Street, Suite A  
Prescott, AZ 86301



**March  
2025**

Phone: 928-445-7630  
PrescottMealsOnWheels.org

*See Our Menu Online!*

Diet and Exercise for Older Adults

- Get Moving! Take a walk on our new community walking path. The paved trail is 1/4 mile and located to the right of the entrance of Café on Rosser.
- Walking has numerous benefits for both physical and mental health.
- Low impact workouts can reduce insulin resistance, maintain bone health and even help food move through your digestion system.
- Exercise increases blood flow to the brain, improving energy levels.
- Make sure to drink water after exercise!



**Meals on Wheels**  
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 Mar 3**

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

**Tuesday Mar 4**

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

**Wednesday Mar 5**

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

**Thursday Mar 6**

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

**Friday Mar 7**

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

**Monday Mar 10**

GARLIC HERB  
CHICKEN  
Couscous, Mixed  
Veggies,  
Melon

**Tuesday Mar 11**

BEEF  
BURGUNDY  
Egg Noodles,  
Snap Pea Medley,  
Pineapple

**Wednesday Mar 12**

CHEESE RAVIOLI  
Zucchini Medley,  
WW Garlic Bread,  
Mixed Fruit

**Thursday Mar 13**

HONEY HAM  
Sweet Potatoes,  
Carrots, Onions,  
Spiced Pears

**Friday Mar 14**

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

**Monday Mar 17**

SALISBURY STEAK  
Mashed Potatoes,  
Peas and Carrots,  
Strawberries

**Tuesday Mar 18**

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

**Wednesday Mar 19**

CHICKEN  
MARSALA  
Herb Pasta, Squash,  
Spinach,  
Applesauce

**Thursday Mar 20**

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

**Friday Mar 21**

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

**Monday Mar 24**

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

**Tuesday Mar 25**

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

**Wednesday Mar 26**

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

**Thursday Mar 27**

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

**Friday Mar 28**

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

**Monday Mar 31**

CHICKEN  
PARMESAN  
Pasta, Squash,  
Garlic Bread,  
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.”