

**Prescott
Meals On Wheels
Café on Rosser**
open
Monday through Friday
from 11:15am to 12:45pm

For registered diners 60 years and older, a contribution 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



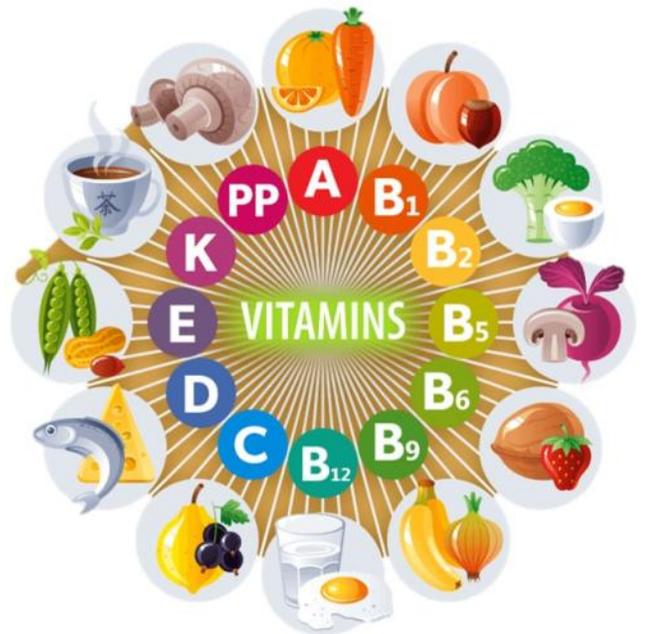
**April
2025**

Phone: 928-445-7630
PrescottMealsOnWheels.org

See Our Menu Online!

VITAMINS IN FOOD

- Eating a variety of healthy foods is the best way to get the nutrients you need. It is usually better to get the nutrients you need from food rather than a pill. That's because nutrient-dense foods contain other things that are good for you, like fiber.
- Most older adults can get all the nutrients they need from food. If you aren't sure, always talk to your doctor or a registered dietitian.
- It's important to be aware that some supplements have side effects, such as increasing the risk of bleeding after an injury or changing your response to anesthesia during surgery.
- Supplements can also interact with some medicines in ways that might cause problems. For example, vitamin K can reduce the ability of the common blood thinner warfarin to prevent blood from clotting.



MOW
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

Tuesday Apr 1

CHICKEN ALA KING
Broccoli and Cauliflower Medley
Whole Wheat Roll
Mixed Fruit

Wednesday Apr 2

BEEF & VEGETABLE RAGOUT
Whole Wheat Biscuit,
Spinach, Berries

Thursday Apr 3

HAM & SPINACH FRITATTA
Roasted Potatoes,
Stewed Tomatoes,
Bananas

Friday Apr 4

BAKED COD
Rice Pilaf,
California Veggies,
Coleslaw,
Pineapple

Monday Apr 7

BATTERED FISH
Oven Fries, Honey
Carrots, Coleslaw,
Peaches

Tuesday Apr 8

BEEF STROGANOFF
Egg Noodles,
California
Vegetables, Pears

Wednesday Apr 9

CHICKEN CACCIATORE
Orzo Pasta, Squash
Medley,
Mixed Fruit

Thursday Apr 10

HAM & SPINACH QUICHE
Roasted Red
Potatoes, Stewed
Tomatoes,
Applesauce

Friday Apr 11

CHEF'S SALAD
Ham, Turkey,
Cheese, Ranch,
Whole Wheat Roll,
Pineapple

Monday Apr 14

RAVIOLI
Italian Sausage,
Spinach, Kale,
Peppers, Onions,
Whole Grain
Garlic Bread,
Plums

Tuesday Apr 15

CHICKEN & CHEESE ENCHILADAS
Beans, Corn,
Onions, Tomatoes,
Peppers, Romaine,
Apricots

Wednesday Apr 16

BRAISED BEEF & GRAVY
Mashed Potatoes,
Broccoli, Carrots,
Fruit Cocktail

Thursday Apr 17

TERIYAKI CHICKEN
Steamed Rice,
Cabbage, Stir Fried
Vegetables,
Mandarin Oranges

Friday Apr 18

GLAZED HAM
Potatoes Au Gratin,
Green Beans, Bell
Peppers, Fried
Onions, Mixed Fruit

Monday Apr 21

HERBED CHICKEN BREAST
Couscous, Peas,
Carrots,
Melon Medley

Tuesday Apr 22

TURKEY BOLOGNESE
Penne Pasta,
Zucchini Medley,
Garlic Bread,
Tropical Fruit

Wednesday Apr 23

SAVORY MEATBALLS
Gravy, Cauliflower,
Scalloped Potatoes,
Bananas

Thursday Apr 24

HAM STEAK
New Potatoes,
Butternut Squash
Medley, Pineapple

Friday Apr 25

CLOSED
Volunteer
Appreciation

Monday Apr 28

CHILI CHEESE POTATO
Roasted Corn,
Greens, Whole
Wheat Roll,
Carrots,
Fruit Salad

Tuesday Apr 29

BBQ CHICKEN BREAST
Sweet Potatoes,
Squash Medley,
Oranges

Wednesday Apr 30

BEEF TACO CASSEROLE
Black Beans,
Tomatoes, Pearl
Onions, Tortilla Chips,
Lettuce, Salsa,
Applesauce

"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 prohibit 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."