

**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**

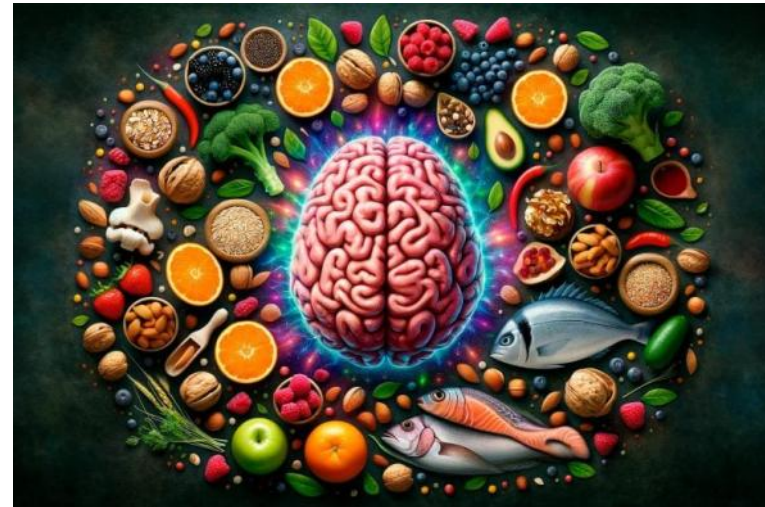
DIET AND DEMENTIA

- Many studies suggest that what we eat affects the aging brain's ability to think and remember.
- It's possible that eating a certain diet affects biological mechanisms, such as oxidative stress and inflammation, that underlie Alzheimer's.
- Limit foods with high saturated fat and cholesterol. Some fat is essential for health — but not all fats are equal. Go light on fats that are bad for heart health, such as butter, solid shortening, lard and fatty cuts of meats.
- Cut down on refined sugars. Often found in processed foods, refined sugars contain calories but lack vitamins, minerals and fiber. You can tame a sweet tooth with healthier options like fruit or juice-sweetened baked goods.



**May
2025**

**Phone: 928-445-7630
PrescottMealsOnWheels.org
*See Our Menu Online***





ORANGE
CHICKEN
Sticky Rice, Asian
Style Veggies,
Oranges

FOLDED PORK
ROAST
Mashed Potatoes,
Gravy, Peppers,
Corn, Onions,
Apricots

Monday May 5

CHICKEN
STRIPS
Oven Fries,
Greens, Corn
Medley,
Applesauce

Tuesday May 6

BAKED HAM &
BROCCOLI
POTATO
Snap Peas, Whole
Wheat Roll,
Pears

Wednesday May 7

ROTINI PASTA
ALFREDO
Grilled Chicken,
Zucchini Medley,
Garlic Toast,
Sliced Apples

Thursday May 8

MUSHROOM BEEF
MARSALA
Pearled Barley, Peas,
Onions,
Pears

Friday May 9

COBB SALAD
Turkey, Bacon, Egg,
Bleu Cheese,
Tomato, Croutons,
Whole Wheat
Roll
Oranges

Monday May 12

CHICKEN &
DUMPLINGS
Biscuit, Green
Bean Medley,
Apples & Oranges

Tuesday May 13

SPINACH HAM
FRITTATA
Stewed Tomatoes,
Hash Browns,
Bananas

Wednesday May 14

ROASTED PORK
Mashed Potatoes,
Cabbage and
Carrots, Biscuit,
Peaches

Thursday May 15

MEATBALL SUB
Orzo Pasta, Peas,
Onions,
Fruit Cocktail

Friday May 16

BREADED COD
Rice Pilaf,
California Style
Vegetables,
Coleslaw,
Pineapple

Monday May 19

SLOPPY JOES
Whole Wheat
Bun, Oven Fries,
Broccoli Medley,
Applesauce

Tuesday May 20

CHICKEN RICE
CASSEROLE
Broccoli, Carrots,
Whole Wheat
Roll,
Oranges

Wednesday May 21

WESTERN STEAK &
ONIONS
Ranch Style Beans,
Lima Bean Medley,
Spiced Apples &
Oranges

Thursday May 22

HUNAN
CHICKEN
Rice, Steamed
Cabbage, Peppers,
Mandarin Oranges

Friday May 23

CHEESE AND
CHICKEN
ENCHILADAS
Refried Beans,
Stewed Tomatoes,
Apricots

Monday May 26

CLOSED
FOR
MEMORIAL
DAY

Tuesday May 27

CHEESE RAVIOLI
Italian Sausage,
Spinach, Onions,
Peppers,
Mixed Fruit

Wednesday May 28

BRAISED BEEF
Mashed Potatoes,
Gravy, Peas, Carrots,
Pears & Oranges

Thursday May 29

GREEN CHILI
PORK
Green Beans,
Carrots, Tortillas,
Corn Bread,
Melon

Friday May 30

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