

**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

Bone Health and Calcium Needs

- Your body's ability to absorb calcium decreases as calcium intake increases. Adults only absorb about 500-600 mg of calcium at once, so its best to take supplements in smaller doses with food
- More than 99% of the body's calcium resides in the bones and teeth. If you don't get enough calcium from the diet your body pulls it out of your bones to compensate
- Before you consider calcium supplements, be sure you understand how much calcium you need, the pros and cons of calcium supplements, and which type of supplement to choose



**July
2025**

Phone: 928-445-7630

PrescottMealsOnWheels.org

E-Mail:

info@prescottmealsonwheels.org



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

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| | <u>Tuesday July 1</u> BEEF MARSALA Mushroom, Pearled Barley, Peas, Onions, Pears | <u>Wednesday July 2</u> CHICKEN RICE CASSEROLE Broccoli, Carrots, Whole Wheat Roll, Oranges | <u>Thursday July 3</u> BREADED FISH Wild Rice, Mixed Greens, Cucumbers, Pineapple | <u>Friday July 4</u> <u>CLOSED FOR INDEPENDENCE DAY</u> |
| <u>Monday July 7</u> CHICKEN ENCHILADAS Refried Beans, Stewed Tomatoes, Apricots | <u>Tuesday July 8</u> CHEESE RAVIOLI Italian Sausage, Spinach, Onions, Peppers, Garlic Bread, Mixed Fruit | <u>Wednesday July 9</u> WESTERN STEAK Onions, Lima Beans Spiced Apples, Oranges | <u>Thursday July 10</u> GREEN CHILI PORK Green Beans, Carrots, Corn Bread, Melon | <u>Friday July 11</u> ITALIAN SUB Mortadella, Pepperoni, Salami, Provolone, Kale Cabbage Slaw, Berries |
| <u>Monday July 14</u> FOREST CHICKEN Mushroom, Bacon, Pearled Barley, Broccoli, Carrots, Melon Medley | <u>Tuesday July 15</u> PORK CHOPS Apple Gravy, Sweet Potatoes, Bean Medley, Pineapple | <u>Wednesday July 16</u> ZITI CHICKEN ALFREDO Squash Medley, Garlic Toast, Berries and Cream | <u>Thursday July 17</u> MEATLOAF Gravy, Mashed Potatoes, Peas, Carrots, Pears | <u>Friday July 18</u> TURKEY CASSEROLE Egg Noodles, Corn, Peppers, Whole Wheat Biscuit, Oranges |
| <u>Monday July 21</u> HUNGARIAN GOULASH Cauliflower, Parsley Carrots, Whole Wheat Roll, Peaches | <u>Tuesday July 22</u> CALZONE Cheese or Pepperoni, Italian Style Veggies, Garlic Bread, Grapes | <u>Wednesday July 23</u> HAM AND CHEESE CASSEROLE Elbow Pasta, California Style Veggies, Spiced Pears | <u>Thursday July 24</u> MEATBALLS AND PARMESAN Orzo Pasta, Brussels Sprouts, Breadsticks, Bananas | <u>Friday July 25</u> COBB SALAD Boiled Egg, Bacon, Kale Coleslaw, Pita Bread, Applesauce |
| <u>Monday July 28</u> BEEF AND BROCCOLI Stir Fried Rice, Asian Style Veggies, Mandarin Oranges | <u>Tuesday July 29</u> PORK STEW Diced Potatoes, Celery, Onions, Carrots, Apricots | <u>Wednesday July 30</u> ITALIAN SAUSAGE Peppers, Onions, Herbed Pasta, Stewed Tomatoes, Tropical Fruit | <u>Thursday July 31</u> HAM AND CHICKEN Dumplings, Steamed Rice, Mixed Veggies, Whole Wheat Roll, Apples | |

“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.”