

**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

**AGING  
And Vitamin D**

Research suggests that taking  
vitamin D could play a role in slowing  
biological aging.

Vitamin D helps with  
anti-inflammation, immune support,  
muscle function, generating brain cells,  
and giving your body  
antioxidants.

Vitamin D deficiency can cause bone  
diseases like  
osteoporosis, osteomalacia, and other  
conditions that make the bones weak,  
brittle, and easy to  
fracture.



**August  
2025**

Phone: 928-445-7630

PrescottMealsOnWheels.org

E-Mail:

info@prescottmealsonwheels.org



**MEALS on WHEELS**  
Serving Prescott & 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**



# August 2025

## Friday Aug 1

ROAST BEEF  
SANDWICH  
Swiss Cheese,  
Italian Bread,  
Potato Salad,  
Marinated Veggies

## Monday Aug 4

TURKEY  
BOLOGNESE  
Bowtie Pasta  
Ground Turkey,  
Green Bean  
Medley, Pineapple

## Tuesday Aug 5

CHICKEN AND  
BROCCOLI  
Cheddar, Rice  
Pilaf, Succotash,  
Strawberries

## Wednesday Aug 6

BEEF TACO  
CASSEROLE  
Pinto Beans, Corn  
Medley, Lettuce,  
Tomato, Pears,  
Oranges

## Thursday Aug 7

CURRY CHICKEN  
Steamed Rice,  
Asian Style  
Vegetables, Garlic  
Naan, Mixed Fruit

## Friday Aug 8

MERLOT  
BRAISED BEEF  
Egg Noodles,  
Broccoli and  
Peppers, Fruit  
Salad

## Monday Aug 11

CHICKEN  
CORDON BLEU  
Brown Rice,  
Sweet Potatoes,  
Corn,  
Applesauce

## Tuesday Aug 12

SPLIT PEA SOUP  
Ham and Cheese  
Sandwich, Mixed  
Vegetables, Fruit  
Salad

## Wednesday Aug 13

CHICKEN FRIED  
STEAK  
Mashed Potatoes,  
Peas and Carrots,  
Whole Wheat Roll,  
Strawberries

## Thursday Aug 14

BRATWURST  
Whole Wheat Bun,  
Sauteed Onions,  
Oven Fries,  
Carrots, Mixed  
Berries

## Friday Aug 15

BROCCOLI BEEF  
Stir Fried  
Vegetables, Brown  
Rice, Mandarin  
Oranges

## Monday Aug 18

PEPPERONI &  
CHEESE PIZZA  
Steamed  
Vegetables,  
Oranges

## Tuesday Aug 19

OVEN FRIED  
CHICKEN  
Mashed  
Cauliflower, Peas  
and Carrots,  
Pears

## Wednesday Aug 20

BAKED BEEF  
RIGATONI  
Squash Medley,  
Spinach, Garlic Bread,  
Apples

## Thursday Aug 21

PHILLY  
CHEESESTEAK  
Peppers, Onions,  
Butternut Squash  
Medley, Bananas

## Friday Aug 22

TURKEY MELT  
Honey Mustard  
Slaw, Celery and  
Carrot Sticks,  
Berries

## Monday Aug 25

CHICKEN  
FINGERS  
Red Beans and  
Rice, Tomatoes,  
Carrots, Grapes

## Tuesday Aug 26

PULLED PORK  
Baked Beans,  
Slaw, Whole  
Grain Bun,  
Strawberries

## Wednesday Aug 27

CHICKEN FAJITAS  
Flour Tortilla, Black  
Beans, Corn, Peppers,  
Onions, Tropical Fruit

## Thursday Aug 28

BEEF  
STROGANOFF  
Cauliflower, Kale,  
Whole Wheat Roll,  
Peaches

## Friday Aug 29

CAPRESE  
CHICKEN  
Mozzarella, Olives,  
Tomato, Broccoli,  
Pineapple

"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."