

**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



**September
2025**

Phone: 928-445-7630

PrescottMealsOnWheels.org

E-Mail:

info@prescottmealsonwheels.org

**Heart-healthy diet: 8
steps to prevent heart
disease**

- 1. Control portion sizes**
- 2. Eat more vegetables and fruits**
- 3. Choose whole grains**
- 4. Limit unhealthy fats**
- 5. Choose low-fat protein sources**
- 6. Limit and reduce sodium and salt**
- 7. Plan ahead: Create daily menus**
- 8. Have a treat once in a while!**



**MEALS on WHEELS
PRESCOTT**

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

<u>Monday Sept 1</u>	<u>Tuesday Sept 2</u>	<u>Wednesday Sept 3</u>	<u>Thursday Sept 4</u>	<u>Friday Sept 5</u>
<u>CLOSED</u> <u>FOR</u> <u>LABOR DAY</u>	BEEF MONGOLIAN STYLE Brown Rice, Stir Fried Vegetables, Oranges	CHICKEN AND MUSHROOMS Mashed Potatoes, Gravy, Peas and Carrots, Pineapple	PORK BRATWURST Whole Grain Roll, Onions, Peppers, Kale and Cabbage Slaw, Mixed Berries	ASIAN CHICKEN SALAD Wonton Strips, Green Onion, Marinated Broccoli, Peaches
<u>Monday Sept 8</u>	<u>Tuesday Sept 9</u>	<u>Wednesday Sept 10</u>	<u>Thursday Sept 11</u>	<u>Friday Sept 12</u>
BONELESS PORK CHOPS Gravy, Roasted Sweet Potatoes, Peas and Carrots, Apples	BEEF TACOS Pinto Beans, Mexican Style Corn, Peppers, Lettuce, Tomatoes, Apricots	HAM STEAK Cheese Frittata, Potatoes, Onions, Bell Peppers, Stewed Tomatoes, Mixed Fruit	CHICKEN ENCHILADAS Black Beans, Spanish Rice, Tortilla Chips, Pico De Gallo, Tropical Fruit	TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, Swiss Cheese, Cucumber Salad, Plums
<u>Monday Sept 15</u>	<u>Tuesday Sept 16</u>	<u>Wednesday Sept 17</u>	<u>Thursday Sept 18</u>	<u>Friday Sept 19</u>
BBQ CHICKEN Sweet Potato Fries, Baked Beans, Coleslaw, Oranges	SAUSAGE BOLOGNESE Egg Noodles, Mixed Vegetables, Garlic Bread, Melon	BRAISED BEEF Mashed Potatoes, Carrots, Sauteed Greens, Pineapple	CHILI RELLENO CASSEROLE Whole Wheat Tortilla, Pinto Beans, Squash Medley, Grapes	HERB CRUSTED COD Wild Rice, ® Broccoli Medley, Mixed Berries
<u>Monday Sept 22</u>	<u>Tuesday Sept 23</u>	<u>Wednesday Sept 24</u>	<u>Thursday Sept 25</u>	<u>Friday Sept 26</u>
SESAME CHICKEN Brown Rice, Snap Pea Medley, Oranges	SALISBURY STEAK Mushroom and Onions, Mashed Potatoes, Peas and Carrots, Apricots	PORK LOIN Herbed Couscous, Broccoli, Cauliflower, Whole Wheat Biscuit, Applesauce	BEEF LASAGNA Zucchini Medley, Whole Wheat Garlic Bread, Bananas	GRILLED HAM & CHEESE SUB Oven Fries, Spinach and Peppers, Plums
<u>Monday Sept 29</u>	<u>Tuesday Sept 30</u>			
CHEESE RAVIOLI Marinara, Zucchini Medley, Stewed Tomatoes, Garlic Bread, Mixed Berries	CHEESE BURGER Whole Grain Bun, Lettuce, Tomato, Cabbage and Carrot Slaw, 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.”