

**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 Holi-
days

1280 E Rosser Street
Prescott, AZ 86301

How Much Protein Do Older Adults Need?

While the general recommendation for
adults is around **0.8 grams of protein per
kilogram of body weight**, research suggests
that older adults may benefit from **1.2 to 2.0
grams of protein per kilogram** to prevent
muscle loss.

For example: A 150-pound individual
(~68 kg) would need **82–136 grams of
protein daily**.

It's best to spread this intake throughout the
day, as the body can only use so much.



October 2025

Phone: 928-445-7630

PrescottMealsOnWheels.org

E-Mail:

info@prescottmealsonwheels.org



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>Wednesday Oct 1</u> PORK CARNITAS TACOS Pinto Beans, Corn, Spanish Rice, Lettuce, Pico De Gallo, Berries	<u>Thursday Oct 2</u> BEEF POTROAST Potatoes, Carrots, Celery, Onions, Whole Grain Biscuit, Melon	<u>Friday Oct 3</u> CHICKEN SALAD SANDWICH on Croissant, Celery, Lettuce, Chips, Grapes
<u>Monday Oct 6</u> SMOTHERED CHICKEN Mushrooms, Spinach Medley, Biscuit, Berry Mix	<u>Tuesday Oct 7</u> CHEESE ENCHILADAS Black Beans Medley, Cilantro Rice, Lettuce, Tomatoes, Oranges	<u>Wednesday Oct 8</u> PARMESAN MEATBALLS Egg Noodles, Balsamic Tomatoes, Breadsticks, Apricots	<u>Thursday Oct 9</u> CASHEW CHICKEN Brown Rice, Broccoli, Peppers, Snow Peas, Onions, Pineapple	<u>Friday Oct 10</u> FISH AND CHIPS Breaded Cod, Oven Fries, Cucumber Salad, Apples and Oranges
<u>Monday Oct 13</u> NAVAJO STYLE CHICKEN TACOS Refried Beans, Cornbread, Mixed Fruit	<u>Tuesday Oct 14</u> CHICKEN AND GREEN CHILI CASSEROLE Black Beans, Lettuce, Tomatoes, Peppers, Peaches	<u>Wednesday Oct 15</u> PORK ROAST Potatoes, Peas, Onions, Carrots, Whole Wheat Biscuit, Strawberries	<u>Thursday Oct 16</u> BEEF TACO CASSEROLE Cheese, Peppers, Tomatoes, Tortillas, Melon Mix	<u>Friday Oct 17</u> BROCCOLI CHEDDAR SOUP French Bread, Roasted Garlic Veggies, Applesauce ®
<u>Monday Oct 20</u> CHICKEN BREAST CACCIATORE Herbed Pasta Olives, Onion, Tomato, Pears	<u>Tuesday Oct 21</u> BAKED HONEY HAM Sweet Potatoes, Green Bean Medley, Corn Bread, Applesauce	<u>Wednesday Oct 22</u> BEEF SHEPHERD'S PIE Peas, Carrots, Onions, Mashed Potatoes, Gravy, Spinach, Whole Wheat Roll, Berries	<u>Thursday Oct 23</u> GARLIC CHICKEN Whole Wheat Couscous, Sauteed Greens, Biscuit, Apricots	<u>Friday Oct 24</u> CHICKEN CORN CHOWDER Bacon, Potatoes, Corn, Whole Grain Roll, Spinach, Spiced Apples
<u>Monday Oct 27</u> LOADED BACON BAKED POTATO Cheddar, Chives, Honey Cornbread, Melon	<u>Tuesday Oct 28</u> CHICKEN POT PIE Broccoli, Carrots, Peas, Stewed Tomatoes, Pears	<u>Wednesday Oct 29</u> PORK CHOPS Country Style Gravy, Rice Pilaf, Green Bean Medley, Apples	<u>Thursday Oct 30</u> BEEF TERIYAKI Stir Fried Asian Style Veggies, Brown Rice, Oranges	<u>Friday Oct 31</u> <u>CLOSED FOR</u> <u>VOLUNTEER</u> <u>CELEBRATION</u> <u>PARTY</u>

"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."