

**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

Digestive Health and Fiber

- **Weight Management:** High-fiber foods are often low in calories and can help you feel full longer.
- **Supports Gut Health:** Fiber acts as a prebiotic, feeding beneficial gut bacteria. A healthy gut microbiome improves digestion and overall health.
- **Prevents Digestive Disorders:** A high-fiber diet is linked to a lower risk of digestive disorders.
- **Promotes Regularity:** Fiber increases stool bulk and weight, making easier to pass and reducing the risk of constipation.



**November
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

Monday Nov 3

BBQ CHICKEN
Baked Beans,
Sautéed Greens,
Whole Grain
Biscuit,
Applesauce

Tuesday Nov 4

HEARTY
SAUSAGE
MINISTRONE
SOUP
Garlic Toast,
Zucchini Medley,
Peaches

Wednesday Nov 5

SALISBURY STEAK
Caramelized Onions
Mashed Potatoes,
Gravy, Peas, Carrots,
Mixed Berries

Thursday Nov 6

CHICKEN
TERIYAKI
Steamed Rice, Asian
Style Veggies,
Oranges

Friday Nov 7

BEEF
STROGANOFF
Mushrooms, Egg
Noodles, Garlic
Spinach, Garlic
Bread, Mixed
Melon

Monday Nov 10

CHICKEN
CORDON BLEU
Ham, Swiss, Whole
Wheat Couscous,
Mixed Greens,
Pineapple

Tuesday Nov 11

CLOSED
FOR
VETERANS
DAY

Wednesday Nov 12

BEEF LASAGNA
Italian Style Veggies,
Whole Grain Garlic
Bread, Peaches

Thursday Nov 13

PULLED PORK
TACOS
Flour Tortillas,
Cabbage Slaw, Corn
and Black Bean
Medley, Pineapple

Friday Nov 14

CHICKEN AND
DUMPLINGS
Celery and Peas,
Rice, Green
Beans,
Oranges

Monday Nov 17

ROSEMARY
CHICKEN
BREAST
Rice Pilaf, Carrots
and Mixed Greens,
Apples

Tuesday Nov 18

SESAME BEEF
Brown Rice,
Broccoli, Bell
Peppers, Grapes

Wednesday Nov 19

CLASSIC PORK
STEW
Potatoes, Celery,
Peas, Carrots, Whole
Grain Biscuit, Berries

Thursday Nov 20

CHICKEN FRIED
CHICKEN
Country Gravy,
Cauliflower, Green
Beans, Peaches

Friday Nov 21

FRENCH DIP
SANDWICH
Roast Beef,
Provolone,
French Roll, Au
Jus, Oven Fries,
Cabbage-Kale
Slaw, Pears

Monday Nov 24

BEEF
ENCHILADA
CASSEROLE
Tomatoes, Lettuce,
Spanish Rice,
Cheese, Apricots

Tuesday Nov 25

CHICKEN STRIPS
Broccoli and
Cauliflower
Medley, Whole
Grain Biscuit,
Oranges

Wednesday Nov 26

TURKEY DINNER!
Mashed Potatoes,
Stuffing, Gravy, Sweet
Potatoes, Green Bean
Casserole, Cranberry
Sauce, Pie

Thursday Nov 27

CLOSED
FOR
THANKSGIVING

Friday Nov 28

CLOSED
FOR
BLACK FRIDAY

"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."