

**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

HEALTHY EATING ON A BUDGET

A diet with plenty of vegetables, fruits, and lean proteins is important for good health.

Healthy eating is key to keeping blood sugar levels in your target range, but the cost of nutritious foods can quickly add up.

With a little know-how and planning, you can eat on a budget without giving up good nutrition.

**Stay posted for monthly nutrition trivia and look for fun nutrition games in our dining area!*



January 2026

Phone: 928-445-7630
PrescottMealsOnWheels.org
E-Mail:
info@prescottmealsonwheels.org



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.



MEALS on WHEELS® PREScott

Thursday Jan 1

CLOSED
FOR
NEW YEAR'S
DAY

Friday Jan 2

HAM AND
CHEESE
SANDWICH
Tomato Cream
Soup, Zucchini
Medley, Bananas

Monday Jan 5

CHICKEN
CHEDDAR AND
GREENS
Rice Pilaf, Carrot
Medley, Melon Mix

Monday Jan 12

CHEESE RAVIOLI
Sausage Marinara,
Parmesan, Broccoli
Medley, Garlic
Bread, Apricots

Monday Jan 19

CLOSED
FOR
MARTIN
LUTHER
KING JR.
DAY

Monday Jan 26

ROSEMARY
CHICKEN
Herbed Potatoes,
Green Bean
Medley, Corn
Bread, Pears and
Oranges



Tuesday Jan 6

BEEF AND
BROCCOLI
Steamed Rice,
Stir Fried Cabbage
Medley, Oranges

Tuesday Jan 13

BRAISED BEEF
Potatoes, Carrots,
Onions, Celery,
Whole Wheat
Biscuit, Peaches and
Oranges

Tuesday Jan 20

LEMON CHICKEN
Stir Fried Asian Style
Veggies, Sweet and
Sour Cabbage,
Steamed Rice,
Oranges

Tuesday Jan 27

GREEN CHILI
PORK
Peppers, Onions,
Tomatoes, Herbed
Rice, Apricots

Wednesday Jan 7

BONELESS
PORKCHOPS
Gravy, Cauliflower
Medley, Whole Grain
Biscuit, Apples

Wednesday Jan 14

GLAZED HAM
Mashed Potatoes,
California Veggie
Blend, Whole Grain
Roll, Applesauce

Wednesday Jan 21

STUFFED PEPPER
CASSEROLE
Cheese, Tomatoes,
Spanish Rice,
Zucchini Medley,
Melon Mix

Wednesday Jan 28

BEEF RIGATONI
Pasta, Bell peppers,
Onions, Tomatoes,
Garlic Bread,
Applesauce

Thursday Jan 8

BEEF MEATBALLS
Parmesan, Orzo
Pasta, Zucchini
Medley, Garlic
Toast, Berries

Thursday Jan 15

CHICKEN
ENCHILADA
CASSEROLE
Tortillas, Cheese,
Lettuce, Tomato,
Mexican Rice,
Melon Mix

Thursday Jan 22

BEEF
STROGANOFF
Egg Noodles,
California Veggies,
Breadsticks, Pears

Thursday Jan 29

MEATLOAF
Mashed Potatoes
and Gravy, Peas and
Carrots, Whole
Wheat Roll,
Tropical Fruit

Friday Jan 9

OVEN FRIED
CHICKEN
Whole Wheat
Couscous,
Spinach and
Corn Medley,
Pineapple

Friday Jan 16

PORK
BRATWURST
Caramelized
Onions, Peppers,
Kale Coleslaw,
Whole Grain
Bun, Bananas

Friday Jan 23

CHICKEN
TACOS
Cheese, Lettuce,
Tomato, Black
Bean Medley,
Zucchini Squash,
Pineapple

Friday Jan 30

TURKEY
CASSEROLE
Cucumber Salad,
Sweet Potato
Chips,
Applesauce

“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.”