

**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



**February
2026**

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

Cognitive Brain Health

- Brain health refers to how well a person's brain functions across several areas. These include: Cognitive, Motor, Emotional, Tactile and Sensory.
- Brain health can be affected by age-related changes in the brain.
- Strokes, traumatic injuries, mood disorders, substance abuse and diseases such as Alzheimer's and related dementias all play a role in brain health.

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



**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 Feb 2

CURRY
CHICKEN
Steamed Rice,
Broccoli Medley,
Peppers, Melon
Mix

Tuesday Feb 3

BEAN BURRITO
Enchilada Style,
Mexican Rice,
Lettuce, Tomato,
Cheese, Mixed
Veggies, Tropical
Fruit

Wednesday Feb 4

HAM AND CHEESE
CASSEROLE
Potatoes, Peas,
Carrots, Onions,
Whole Grain
Biscuit, Berries

Thursday Feb 5

BEEF CHILI
Beans, Peppers,
Onions, Cheese,
Zucchini Medley,
Cornbread,
Bananas

Friday Feb 6

CHICKEN
STRIPS
Southern Style
Gravy,
Butternut Squash,
Peas, Applesauce

Monday Feb 9

BEEF
BRATWURST
WW Roll, Sauteed
Onions and
Peppers, Waffle
Fries, Grapes

Tuesday Feb 10

CHICKEN FRIED
STEAK
Gravy, Roasted
Potatoes, Peas
and Carrots,
Oranges

Wednesday Feb 11

BAKED HAM
Apple Gravy, Rice Pilaf,
Butternut Squash
Medley, Whole Grain
Biscuit, Apples

Thursday Feb 12

HERBED
CHICKEN
Couscous,
Green Beans,
Red Peppers,
Pears

Friday Feb 13

MEATBALL SUB
French Roll,
Marinara, Pasta
Salad, Zucchini
Medley, Mixed
Berries

Monday Feb 16

CLOSED
FOR
PRESIDENTS'
DAY

Tuesday Feb 17

BBQ CHICKEN
Sweet Potatoes,
Green Beans,
Cabbage Slaw,
Melon Mix

Wednesday Feb 18

BEEF POT ROAST
Potatoes, Carrots, Peas,
Celery
Whole Wheat Roll,
Sauteed Greens,
Bananas

Thursday Feb 19

TERIYAKI
CHICKEN
Brown Rice,
Snap Pea Medley,
Bell Peppers,
Oranges

Friday Feb 20

CHILI RELLENO
Beans, Lettuce,
Peppers, Onions,
Tomato, Cheese,
Pineapple

Monday Feb 23

CHICKEN AND
DUMPLINGS
Green Beans,
Brown Rice,
Apples & Oranges

Tuesday Feb 24

SALISBURY
STEAK
Mushrooms,
Onions, Peas,
Carrots, Potatoes,
Pears

Wednesday Feb 25

BREADED CHICKEN
Whole Wheat
Couscous, California
Style Veggies, Oven
Fries, Applesauce

Thursday Feb 26

ROASTED PORK
Herbed Potatoes,
Cabbage, Carrots,
Whole Wheat Roll,
Peaches

Friday Feb 27

CHICKEN
TORTILLA
CASSEROLE
Carrots, Celery,
Onion, Bean
Medley, Whole
Grain Biscuit,
Tropical Fruit

"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."