

**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

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!*



February 2026

Phone: 928-445-7630
PrescottMealsOnWheels.org
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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	Tuesday Feb 3	Wednesday Feb 4	Thursday Feb 5	Friday Feb 6
CURRY CHICKEN Steamed Rice, Broccoli Medley, Peppers, Melon Mix	BEAN BURRITO Enchilada Style, Mexican Rice, Lettuce, Tomato, Cheese, Mixed Veggies, Tropical Fruit	HAM AND CHEESE CASSEROLE Potatoes, Peas, Carrots, Onions, Whole Grain Biscuit, Berries	BEEF CHILI Beans, Peppers, Onions, Cheese, Zucchini Medley, Cornbread, Bananas	CHICKEN STRIPS Southern Style Gravy, Butternut Squash, Peas, Applesauce
Monday Feb 9	Tuesday Feb 10	Wednesday Feb 11	Thursday Feb 12	Friday Feb 13
BEEF BRATWURST WW Roll, Sautéed Onions and Peppers, Waffle Fries, Grapes	CHICKEN FRIED STEAK Gravy, Roasted Potatoes, Peas and Carrots, Oranges	BAKED HAM Apple Gravy, Rice Pilaf, Butternut Squash Medley, Whole Grain Biscuit, Apples	HERBED CHICKEN Couscous, Green Beans, Red Peppers, Pears	MEATBALL SUB French Roll, Marinara, Pasta Salad, Zucchini Medley, Mixed Berries
Monday Feb 16	Tuesday Feb 17	Wednesday Feb 18	Thursday Feb 19	Friday Feb 20
CLOSED FOR PRESIDENTS' DAY	BBQ CHICKEN Sweet Potatoes, Green Beans, Cabbage Slaw, Melon Mix	BEEF POT ROAST Potatoes, Carrots, Peas, Celery Whole Wheat Roll, Sautéed Greens, Bananas	TERIYAKI CHICKEN Brown Rice, Snap Pea Medley, Bell Peppers, Oranges	CHILI RELLENO Beans, Lettuce, Peppers, Onions, Tomato, Cheese, Pineapple
Monday Feb 23	Tuesday Feb 24	Wednesday Feb 25	Thursday Feb 26	Friday Feb 27
CHICKEN AND DUMPLINGS Green Beans, Brown Rice, Apples & Oranges	SALISBURY STEAK Mushrooms, Onions, Peas, Carrots, Potatoes, Fries, Applesauce Pears	BREADED CHICKEN Whole Wheat Couscous, California Style Veggies, Oven Fries, Applesauce	ROASTED PORK Herbed Potatoes, Cabbage, Carrots, Whole Wheat Roll, Peaches	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.”