

**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



**March  
2026**

Phone: 928-445-7630

PrescottMealsOnWheels.org

E-Mail:

info@prescottmealsonwheels.org

**Malnutrition in the Elderly**

- Malnutrition in older adults is a significant health concern, affecting their quality of life and increasing the risk of serious health issues.
- Malnutrition occurs when someone is not consuming enough important nutrients, such as vitamins, minerals, carbohydrates, fats, and proteins.
- Older adults may need fewer calories each day compared to a younger person, but have similar or even increased nutrient needs.



**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**

<b><u>Monday Mar 2</u></b> BEEF BROCCOLI Steamed Rice, Asian Style Mixed Veggies, Green Onion, Mandarin Oranges	<b><u>Tuesday Mar 3</u></b> CHICKEN CASSEROLE Carrots, Peas, Onions, Red Bell Peppers, Rice, Whole Wheat Roll, Peaches	<b><u>Wednesday Mar 4</u></b> VEGGIE LASAGNA Alfredo Sauce, Stewed Balsamic Tomatoes, Garlic Bread Sticks, Pears	<b><u>Thursday Mar 5</u></b> BONELESS PORK CHOPS Rice Pilaf, Sweet Potatoes, Green Bean Medley, Melon	<b><u>Friday Mar 6</u></b> ITALIAN SUB- SANDWICH Salami, Ham, Provolone, Lettuce, Tomato, Pasta Salad, Berries
<b><u>Monday Mar 9</u></b> CHICKEN BREAST Apple Chutney, Couscous, California Style Veggies, Grapes	<b><u>Tuesday Mar 10</u></b> TURKEY SLOPPY JOES Whole Wheat Bun, Oven Fries, Peas and Carrots, Sliced Apples	<b><u>Wednesday Mar 11</u></b> CHICKEN PARMESAN Pasta, Marinara, Squash Medley, Garlic Bread, Peaches	<b><u>Thursday Mar 12</u></b> BEEF AND BARLEY STEW Onions, Peas, Carrots, Celery, Whole Wheat Biscuit, Bananas	<b><u>Friday Mar 13</u></b> CHEESE ENCHILADAS Refried Beans, Tomatoes, Lettuce, Peppers, Onions, Apricots
<b><u>Monday Mar 16</u></b> CHICKEN MARSALA Herb Pasta, Mushrooms, Onions, Spinach Medley, Oranges	<b><u>Tuesday Mar 17</u></b> CORNED BEEF AND CABBAGE Potatoes, Onion, Celery, Carrots, Buttery Roll, Green Grapes	<b><u>Wednesday Mar 18</u></b> TURKEY TAMALE PIE Corn Tortillas, Tomato, Onions, Green Peppers, Enchilada Sauce, Corn Medley, Tropical Fruit	<b><u>Thursday Dec 19</u></b> STUFFED SHELLS Marinara, Cheese, Three Bean Medley, Garlic Bread, Spiced Apples	<b><u>Friday Mar 20</u></b> PORK BRATWURST Caramelized Onions, Peppers, Kale Coleslaw, Whole Grain Bun, Applesauce
<b><u>Monday Mar 23</u></b> CHICKEN TIKKA MASALA Curried Gravy, Red Onion, Tomato, Mixed Green Veggies, Couscous, Naan Bread, Berries	<b><u>Tuesday Mar 24</u></b> BEEF AND MUSHROOMS Pasta Shells, Italian Style Veggies, Red Bell Peppers, Whole Wheat Roll, Pineapple	<b><u>Wednesday Mar 25</u></b> TURKEY POT PIE Peas, Carrots, Onion, Celery, Broccoli Medley, Whole Wheat Roll, Strawberries	<b><u>Thursday Mar 26</u></b> PORK FAJITAS Tortillas, Onions, Bell Peppers, Spanish Rice, Melon Mix	<b><u>Friday Mar 27</u></b> LEMON CHICKEN Rice, Sweet and Sour Cabbage, Stir Fried Veggies, Oranges
<b><u>Monday Mar 30</u></b> SWEDISH MEATBALLS Egg Noodles, Peas and Carrots, Whole Wheat Roll, Bananas	<b><u>Tuesday Mar 31</u></b> CHICKEN TACOS Flour Tortillas, Lettuce, Cheese, Tomatoes, Zucchini Medley, Pears			

“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.”