

**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

Food Safety for Seniors

- Adults aged 65 and older are at higher risk for severe foodborne illness due to weakened immune systems, liver/kidney changes, and lower stomach acid.
- Thoroughly washing hands/surfaces, separating raw meat from ready-to-eat foods, cooking to safe temperatures, and refrigerating food within 2 hours.
- **Cook:** Use a food thermometer to ensure food reaches safe temperatures.
145°F: Steaks, roasts, fish, and pork.
160°F: Ground beef and egg dishes.
165°F: Poultry, leftovers, casseroles
- **Chill:** Refrigerate perishable food within 2 hours (1 hour if the temperature is above 90 F.) Set refrigerator temperature to below 40 F.



June 2026

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 June 1

LEMON HERB
CHICKEN
Couscous,
Broccoli
Cauliflower
Medley, Whole
Wheat Roll,
Berries

Monday June 8

CHEESE
RAVIOLI
Marinara,
Summer Squash,
Whole Grain
Garlic Toast,
Melon Mix

Monday June 15

ORANGE
CHICKEN
Steamed Rice,
Asian Style
Veggies, Green
Onion, Pears

Monday June 22

TURKEY MELT
Cheese, Whole
Wheat Bread,
Oven Fries,
Broccoli and
Cauliflower
Medley, Peaches

Monday June 29

FISH AND CHIPS
Breaded Cod,
Oven Fries, Tarter
Sauce, Kale
Coleslaw,
Fruit Salad

Tuesday June 2

STUFFED
PEPPERS
Ground Beef,
Pinto Beans
Spanish Rice,
Cheese, Salsa,
Fruit Salad

Tuesday June 9

BEEF POT ROAST
Potatoes, Carrots,
Celery, Onion,
Whole Wheat
Roll, Oranges and
Apples

Tuesday June 16

HAM STEAK
Honey Glaze,
Herb Roasted
Potatoes, Peas and
Carrots, Whole
Grain Biscuit,
Peaches

Tuesday June 23

HERBED
MEATBALLS
Egg Noodles,
Mushrooms, Peas
and Carrots,
Whole Wheat
Roll, Applesauce

Tuesday June 30

HAM AND
WHITE BEAN
CASSEROLE
Green Bean
Medley, Whole
Grain Biscuit,
Strawberries

Wednesday June 3

PORK STEW
Celery, Potatoes,
Onions, Carrots, Peas,
Pearled Barley, Whole
Wheat Roll,
Strawberries and
Cream

Wednesday June 10

SHREDDED PORK
TACOS
Flour Tortillas,
Tomatoes, Lettuce,
Cheese, Salsa, Zucchini
Medley, Tropical Fruit

Wednesday June 17

SMOTHERED
CHICKEN BREAST
Mushroom Sauce,
Green Beans, Corn
Medley, Oranges and
Pears

Wednesday June 24

CHICKEN FINGERS
Brussels Sprouts
Medley, Three Bean
Salad, Whole Grain
Biscuit, Pineapple

Thursday June 4

GREEN CHILI
ENCHILADAS
Cheese, Black
Beans, Cilantro
Lime Rice, Lettuce,
Tomato, Squash
Blend, Pineapple

Thursday June 11

HERB CHICKEN
BREAST
Rice Pilaf,
California Style
Vegetable Mix,
Mixed Berries

Thursday June 18

PORK TAMALES
Mild Red Chili,
Refried Beans,
Cilantro Squash,
Tomatoes, Cabbage,
Grapes

Thursday June 25

SESAME BEEF
Bell Peppers, Green
Onion, Stir Fried
Veggies, Brown
Rice, Oranges

Friday June 5

BEEF
CHEESEBURGER
Lettuce, Tomato,
Onion, Oven
Fries, Whole
Grain Bun, Kale
Slaw, Grapes

Friday June 12

PORK SAUSAGE
Caramelized
Onions, Peppers,
Whole Grain
Bun, Three Bean
Blend,
Applesauce

Friday June 19

CLOSED
FOR
JUNETEENTH

Friday June 26

CHEF'S SALAD
Mixed Greens,
Egg, Ham, Turkey,
Cucumbers,
Tomatoes,
Cheese,
Croutons, Mixed
Berries

“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 admission programs, services, activities or employment based on race, color, 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.”