

THANK YOU

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- Yavapai Regional Medical Center
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Prescott Meals On Wheels

Lunch is served in our Hilltop Café
Monday through Friday from 11:15am to 12:45pm

The suggested donation for
those 60 and over is \$5

The cost per meal for
those 59 and under is \$6

Reservations are not required.
Please join us for lunch!

Each meal provides 1/3 USDA
Milk, Tea or Coffee are Included

KEY: DR = served in our Dining Room
HDM = Home Delivered Meals

Office Hours
Monday through Friday from 8:00 am to 3:00 pm
Closed on Weekends and Holidays

www.PrescottMealsOnWheels.com

1280 E Rosser Street
Prescott, AZ 86301
928-445-7630



MEALS on WHEELS

PRESCOTT

TOGETHER, WE CAN DELIVER.



Hilltop Café

MENU

APRIL 2019

Phone: 928-445-7630

E-mail:

PMOW@cableone.net

Please note that menus are subject to change without notice.

WEEK OF APRIL 1

Monday - April 1

Chicken and Dumplings, Brussel Sprouts, Pea Salad, Peach Cobbler, WW Bread

Tuesday- April 2

Pork Chops, Mashed Sweet Potatoes, Broccoli and Cauliflower, Applesauce, WW Bread

Wednesday-April 3

Ham and Potato Skillet, Red Peppers and Onions, Steamed Cabbage, Lima Beans, Pears and Berries, WW Bread

Thursday-April 4

Chicken Fried Steak, Potato Barrels, Mixed Vegetables, Coleslaw, Oranges, WW Bread

Friday-April 5

Tuna Casserole, Au Gratin Potatoes, Sautéed Kale and Sun Dried Tomatoes, HDM-Broccoli Salad, DR- Mixed Salad, Fruit Cocktail, WW Bread

WEEK OF APRIL 8

Monday-April 8

Navajo Tacos, Pinto Beans, Spanish Rice, Shredded Romaine and Tomatoes, Roasted Corn Salad, Oranges, WW Pita

WEEK OF APRIL 8-CONTINUED

Tuesday- April 9

Vegetable Lasagna, Stewed Tomatoes and Peppers, Steamed Spinach, Pineapples, WW Bread

Wednesday-April 10

Mushroom and Swiss Burger, Baked Beans, Broccoli, Lettuce and Tomatoes, Fruit Cocktail, Brownie, WW Bun

Thursday-April 11

Italian Beef and Peppers, Rice and Beans, Stewed Tomatoes, HDM-Beet Salad, DR-Mixed Salad, Peaches and Cream, WW Roll

Friday-April 12

Turkey Tetrizzini, Brussel Sprouts, Orange Glazed Carrots, Whole Banana, WW Bread

WEEK OF APRIL 15

Monday - April 15

Chicken Marsala, Roasted Red Potatoes, Steamed Broccoli, Beet Salad, Apples, WW Bread

Tuesday - April 16

Pot Roast with Carrots, Onions and Celery, Gravy, Mashed Potatoes, Green Beans, HDM-Beet Salad, DR-Mixed Salad, Pears and Berries, WW Bread

WEEK OF APRIL 15-CONTINUED

Wednesday-April 17

Spaghetti and Meatballs, Italian Blend Vegetables, Garlic Bread, HDM-Italian Slaw, DR-Spinach Salad, Oranges

Thursday - April 18

Teriyaki Chicken, Brown Rice, Stir Fry Vegetables, Sweet and Sour Cabbage, Egg Roll, Mandarin Oranges, Fortune Cookie

Friday-April 19

Spiral Sliced Ham, Scalloped Potatoes, Asparagus, Fruit Parfait, WW Bread

WEEK OF APRIL 22

Monday - April 22

Pepper Steak, Black Bean and Rice, Peppers and Onions, DR-Mixed Salad, HDM- Coleslaw, Peaches, WW Bread

Tuesday - April 23

Chicken Divan, Broccoli, Cauliflower and Tomatoes, Wild Rice, HDM-Pineapple Slaw, DR-Mixed Salad, Sliced Apples, WW Bread

Wednesday-April 24

Swiss and Spinach Frittata, Roasted Red Potatoes, Tomato and Cucumber Salad, Sliced Strawberries, WW Bread

WEEK OF APRIL 22-CONTINUED

Thursday - April 25

Chicken Cordon Bleu, Rice Pilaf, Squash Medley, Dill Pea Salad, Spicy Pears, WW Bread

Friday-April 26

Chicken Taco Pie, Spanish Rice, Black Beans and Corn, Shredded Cabbage and Tomato Slaw, Apricots, Corn Tortillas

WEEK OF APRIL 29

Monday-April 29

Chicken Parmigiano over Pasta, Squash Medley, Italian Green Beans, Three-Bean Salad, Peaches, WW Bread

Tuesday-April 30

Maple-Glazed Ham Steak, Macaroni and Cheese, Stewed Tomatoes in Cream Sauce, Cole Slaw, Apricots, WW Bread



Stress Awareness

Month takes place every April. Throughout this period of time, teams of experts aim to increase public

awareness about stress. This includes highlighting the causes of stress, the negative effects stress can have on the mind and body, and how to relieve stress. Learn more...

<http://stressawarenessmonth.com/>

"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 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 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, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."