



MEALS on WHEELS
PRESCOTT
 TOGETHER, WE CAN DELIVER.

December 2018

www.PrescottMealsOnWheels.com

1280-A East Rosser Street, Prescott, AZ 86301

Phone: 928-445-7630

Dining room hours are 11:15 am to 12:45 pm

Reservations are not required. Please join us for lunch!

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

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

Each meal provides 1/3 RDA. Milk, tea, or coffee included

KEY: DR=served in our Dining Room

HDM=Home Delivered Meals

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mac & Cheese Sliced Ham Steamed Broccoli Cole Slaw WW Bread Peaches	4 Taco Pie Mexicali Corn with Red Peppers Refried Beans Diced Tomato & Cabbage Mixed Fruit	5 Chicken & Rice Bake Green Beans Peas & Carrots WW Bread Apricots	6 Meat Lasagna Italian Blend Veggies Carrots WW Bread Apple Slaw Mandarin Orange	7 Open Faced Turkey Sandwich with Gravy Mashed Potatoes Seasoned Carrots WW Bread Cranberry Salad Pumpkin Pie
10 Kielbasa, Red Beans, Rice, & Stewed Tomatoes Steamed Cabbage WW Bread Peaches	11 Pork Chops Yams Broccoli & Cauliflower WW Bread Apple & Grape Salad	12 Beef Stroganoff over Noodles Brussel Sprouts Coined Carrots WW Bread Tropical Fruit Salad	13 Green Chile & Chicken Casserole Pinto Beans Mexicali Tomatoes & Corn Fruit Salad	14 Open-Faced Tuna Melt on English Muffin German Potato Salad Fruit Cobbler Split Pea & Ham Soup
17 Salmon Patty with Dill Mayo Peas & Carrots Sweet Potatoes Coleslaw HDM Green Salad DR WW Bread Pears	18 Chili Baked Potato Green Beans Garden Salad DR Coleslaw HDM Corn Bread Pineapple	19 Chicken Parmesan Over Noodles Broccoli Seasoned Carrots Garlic Bread Crostini Fruit Salad	20 Shephard's Pie Mixed Vegetables Glazed Beets WW Bread Pudding Citrus Salad	21 Mushroom/Swiss Burger Stewed Tomatoes & Onions Potato Barrels Kale Crunch Caesar Salad Pineapple
24 Closed Today	25 Closed Today	26 Ham & Potato Skillet with Peppers And Onions Steamed Cabbage Lima Beans WW Bread Apricots	27 Oven Breaded Fish Sweet Potato Fries California Blend Veggies WW Bread Coleslaw Oranges	28 Lemon Dijon Chicken and Rice Lemon Glazed Carrots Creamed Spinach WW Roll Applesauce Pudding
31 Baked Ham Black Eyed Peas Mashed Sweet Potatoes & Braised Greens Corn Bread Citrus Salad				



"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."

THANK YOU

to the following sponsors
and donors!

- AARP
- ABRiO Care
- Alta Vista Senior Living Community
- APS
- Area Agency on Aging NACOG
- Arizona Community Foundation of Yavapai County
- Arizona Department of Economic Security
- Arizona Diamondbacks Foundation
- Barrett Propane
- CFC - Combined Federal Campaign
- Charity Publishing
- City of Prescott
- Costco
- Dutch Bros Coffee
- The Evangelical Lutheran Good Samaritan Society
- Fry's Food Stores
- Funny Bones *monthly publication*
- Grama's Bakery
- Holsum Bread
- Homes & Land *monthly publication*

- Jinger Cutting and the Cutting Edge Team
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- Prescott Animal Hospital
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- Prescott Evening Lions
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- VCA Thumb Butte Animal Hospital
- Wal-Mart
- Yavapai Prescott Indian Tribe
- Yavapai Regional Medical Center
- Yavapai Title Agency
- Compassionate Donors
- Generous Volunteers



*“When we give cheerfully and
accept gratefully,
everyone is blessed.”*

Maya Angelou

***Please stay safe this
holiday season.
Don't drink and drive!***

**December is
National Impaired
Driving Prevention Month**

The National Highway
Traffic Safety
Administration reminds
you to celebrate safely
this holiday season.
We stand with all those
who have known the
tragic consequences of
drunk driving, and we
rededicate ourselves to
preventing it this
December and
throughout the year.

