



THANK YOU
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- Yavapai Regional Medical Center
- Yavapai Title Agency

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
February 2019

Phone: 928-445-7630
E-mail:
PMOW@cableone.net

Please note that menus are subject to change without notice.

WEEK OF FEBRUARY 1

Friday - February 1

Chicken Cacciatore, Tomatoes-Peppers-Zucchini, Red Beans and Rice, Bread and Peaches

WEEK OF FEBRUARY 4-8

Monday - February 4

Chicken Fried Steak, Parsley Potatoes, California Blend Veggies, Bread and Tropical Fruit Salad

Tuesday - February 5

Sliced Ham, Rice, Peas, Radish Salad, Corn Bread and Pineapple

Wednesday - February 6

Taco Pie, Mexicali Corn with Red Peppers, Refried Beans, Mild Salsa, Cole Slaw, and Fruit Salad

Thursday - February 7

Chicken Fettuccini, Carrots, Spinach, Bread and an Apple

Friday - February 8

Beef Tips over Noodles, Broccoli, Cauliflower, Bread and Pears with Berries

WEEK OF FEBRUARY 11-15

Monday - February 11

Mac & Cheese with Diced Ham, Steamed Broccoli, Carrots, Bread and Peaches

Tuesday - February 12

Oven Roasted Herb Chicken, Acorn Squash, Savory Green Beans, Bread and Citrus Salad

Wednesday, February 13

Beef Chili garnished with Green Onions and Cheddar Cheese, Green Beans, Carrots, Corn Bread and Pears with Berries

Thursday - February 14

Fiesta Lime Chicken, Stewed Tomatoes with Zucchini and Red Peppers, Wild Rice with Black Beans, Bread and Apple Crisp

Friday - February 15

Lemon Pepper Fish, Mixed Veggies, Rice Pilaf, 3-Bean Salad, Bread and an Orange

WEEK OF FEBRUARY 18-22

Monday - February 18

Prescott Meals On Wheels is **closed** today for President's Day.

Tuesday - February 19

Beef Fajitas w/Peppers, WW Flour Tortilla, Fiesta Bean Salad, Diced Cabbage and Tomato, Pineapple

Wednesday, February 20

Chicken Pot Pie, Mixed Veggies, Carrots, Bread, and Peaches

Thursday - February 21

Beef Lasagna, Broccoli, Italian Veggie Mix, Bread and an Apple

Friday - February 22

Pork Roast, Mashed Potatoes and Gravy, Broccoli, Bread, Applesauce

WEEK OF FEBRUARY 25-28

Monday - February 25

Orange Chicken, Brown Rice, Oriental Vegetables, Roasted Brussel Sprouts, Mandarin Oranges and a Fortune Cookie

Tuesday - February 26

Beef Pot Roast, Roasted Potatoes, Onions, Carrots, Peas, Bread and Applesauce

Wednesday, February 27

Breaded Baked Fish, Sweet Potatoes, Broccoli, Cole Slaw, Bread and Mandarin Oranges.

Thursday - February 28

Baked Beef Ziti with a Marinara Sauce, Italian Blend Veggies, Carrots, Bread and Pineapple



"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."