

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 January 2019

Phone: 928-445-7630

E-mail:

PMOW@cableone.net

**Start the
New Year
Right.**

Know your risk
for glaucoma.

**Top 3
RESOLUTIONS**

- 1.) Learn about glaucoma
- 2.) Talk to family members
- 3.) Get a dilated eye exam

National Eye Health
Education Program
NEHEP
A program of the National
Institutes of Health

www.nei.nih.gov/glaucoma

Please note that menus are subject to change without notice.

WEEK OF JANUARY 1-4

Wednesday - January 2

Asian Sesame Baked Fish, Rice Pilaf, Asian Cole Slaw, Succotash, Roll, Fruit Salad

Thursday - January 3

Chicken Tetrazzini, Brussel Sprouts, Orange Glazed Carrots, Roll, Pineapple / Bananas

Friday, January 4

BBQ Pork Ribs, Baked Beans, Cooked Spinach, Bun, Mandarin Oranges, Lemon Bar

WEEK OF JANUARY 7-11

Monday - January 7

Navajo Tacos, Pinto Beans, Shredded Romaine and Tomatoes, Mexicali Corn w/Peppers, Pears

Tuesday- January 8

Tuna Casserole, Peas, Carrots, Mixed Green Salad (DR), Beet Salad (HDM), Bread, Pineapple

Wednesday - January 9

Meatloaf, Roasted Potatoes, Carrots and Onions, Bread, Citrus Salad, Brownie

Thursday - January 10

Swedish Meatballs over Rice, Cauliflower, Cooked Spinach, Pineapple

Friday - January 11

Roasted Chicken Breast, Baked Sweet Potato Fries, Mixed Vegetables, Bread, Berries

WEEK OF JANUARY 14-18

Monday - January 14

Hungarian Goulash, Mashed Potatoes, California Blend Vegetables, Bread, Peaches

Tuesday - January 15

Frittata, Skillet Red Potatoes w/Peppers, Stewed Tomatoes, Oatmeal Muffin, Citrus Slaw

Wednesday, January 16

Beef Burger, Lettuce / Tomato / Onion, Baked Beans, Carrot Raisin Salad, Bun, Mixed Fruit

Thursday - January 17

Spaghetti and Meatballs, Stewed Tomato and Vegetable Medley, Italian Blend Vegetables, Bread, Pears

Friday - January 18

Chicken Teriyaki, Brown Rice, Oriental Blend Vegetables, Sweet and Sour Cabbage, Egg Rolls, Mandarin Oranges

WEEK OF JANUARY 21 - 25

Monday - January 21 - MLK, JR DAY CLOSED

Tuesday- January 22

Chicken and Dumplings, Roasted Brussel Sprouts, Carrots, Bread, Pineapple

Wednesday - January 23

Green Chili Pork, Whole Black Beans, Corn, Coleslaw, Bread, Citrus Salad

WEEK OF JANUARY 21 - 25 CONTINUED...

Thursday - January 24

Beef and Peppers with Stewed Tomatoes, Sweet Potatoes, Red Beans, Bread, Peaches

Friday - January 25

Chicken Cordon Bleu, Rice, Butternut Squash, Broccoli, Spicy Pears, Pudding

WEEK OF JANUARY 28-31

Monday - January 28

Pepper Steak, Whole Black Beans, Rice with Peppers and Onions, Mixed Green Salad (DR), Carrot Salad (HDM), Bread, Peaches

Tuesday - January 29

Lentil Soup, Mixed Vegetables, Radish Salad, Bread, Cheese, Oranges

Wednesday, January 30

Pot Roast, Boiled Red Potatoes, Hot Apple Crisp, Coleslaw, Bread

Thursday - January 31

Chicken Divan, Cauliflower and Broccoli, Brown Rice, Mixed Green Salad (DR), Carrot Salad (HDM), 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 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."