

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
July 2019

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

Please note that menus are subject to change without notice.

WEEK OF JULY 1

Monday - July 1

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

Tuesday-July 2

Ham, Broccoli and Swiss Frittata, Asparagus, Red Beans and Peppers, WW Bread, Berries

PIE DAY! (Dining Room Only)

Wednesday-July 3

Roast beef, Mashed Potatoes and Gravy, Steamed Spinach and Mushrooms, WW Bread, Broccoli Slaw, Fresh Apple

Thursday-July 4 CLOSED



Friday-July 5

Tuna Casserole, Peas and Carrots, Cooked Kale (HDM), Mixed Green Salad (DR), WW Bread, Pears

WEEK OF JULY 8

Monday-July 8

Macaroni and Cheese with Ham, Peas, Seasoned Carrots, WW Bread, Peaches and Cream

WEEK OF JULY 8 CONTINUED

Tuesday- July 9

Mediterranean Chicken, Stewed Tomatoes, Zucchini, WW Bread, Spinach and Kale Slaw, Apple Sauce

PIE DAY! (Dining Room Only)

Wednesday-July 10

Santa Fe Cod, Rice and Beans, Broccoli, Cabbage and Pico De Gallo, Corn Tortilla, Watermelon

Thursday-July 11

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

Friday-July 12

Braised Beef, Red & Green Peppers and Onions, Rice and Tomatoes, WW Bread, Fruit Salad

WEEK OF JULY 15

Monday - July 15

Oven Fried Chicken, Sweet Potatoes, Corn Bread, Coleslaw, Grapes

Tuesday - July 16

Black Bean Veggie Burger with Swiss Cheese and Mushrooms, Fries seasoned with mild Chili, Lime, Cilantro, Steamed Carrots, WW Bun, Cantaloupe

PIE DAY! (Dining Room Only)

WEEK OF JULY 15 CONTINUED

Wednesday, July 17

Spaghetti and Meatballs, Italian Blend Vegetables, Garlic Bread, Spinach and Kale Slaw, Mandarin Orange

Thursday - July 18

Turkey Wrap w/Lettuce and Onion, Tomato & Cucumber Salad, Carrot Salad, Bananas

Friday-July 19

Navajo Tacos, Pinto Beans, Mexicali Corn and Peppers, Pita Bread, Shredded Romaine w/Diced Tomatoes, Apricots

ICE CREAM SOCIAL (Dining Room Only)

WEEK OF JULY 22

Monday - July 22

Chicken Fajitas, Black Beans and Rice, Zucchini, Tortilla, Diced Romaine and Tomatoes, Cantaloupe

Tuesday - July 23

Hawaiian Haystacks, Brown Rice, Cauliflower, Bread, Pineapple

PIE DAY! (Dining Room Only)

WEEK OF JULY 22 CONTINUED

Wednesday-July 24

Grilled Chili and Chicken Casserole, Mexican Rice, Black Beans and Corn, Romaine and Tomatoes, Citrus Salad

Thursday - July 25

Oven Baked Fish with Tartar Sauce, Brussel Sprouts, Sweet Potato Fries, WW Bread, Grapes

Friday-July 26

Chicken Cordon Bleu, Brown Rice, Butternut Squash, Peas, Pears

WEEK OF JULY 29

Monday- July 29

Cheese Raviolis, Steamed Spinach, Italian Vegetables, Garlic Bread, Green Salad DR, Berries

Tuesday-July 30

Stir Fry Chicken with a variety of Vegetables, Jasmine Rice, Egg Roll, WW Bread, Mandarin Oranges,

PIE DAY! (Dining Room Only)

Wednesday July 31

Stuffed Pork Loin, Mashed Potatoes and Gravy, Steamed Carrots, WW Bread, Melon