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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

March 2019

Phone: 928-445-7630

E-mail:

PMOW@cableone.net

Please note that menus are subject to change without notice.

WEEK OF MARCH 1

Friday - March 1

Beef Stroganoff with Mushrooms over Noodles, Brussel Sprouts, Steamed Kale HDM, Tossed Salad DR, Pineapple

WEEK OF MARCH 4

Monday- March 4

Chicken Teriyaki, Stir-Fry Vegetables, White Rice, Egg Roll, Mandarin Oranges, Fortune Cookie

Tuesday-March 5

Beef Lasagna, Zucchini, Spinach Salad CNG, Italian Slaw HDM, Green Beans, WW Bread

Wednesday-March 6

Salmon Patty, Sweet Potatoes, Steamed Broccoli, WW Bread, Pears

Thursday-March 7

Mildly Seasoned Jerk Chicken, Red Potatoes, Peas and Carrots, served with Cornbread and Peaches for dessert

Friday-March 8

BBQ Pork, Black Beans & Corn, Stewed Tomatoes, Coleslaw, WW Bun, Apple slices

WEEK OF MARCH 11

Monday-March 11

Roast beef, Mashed Potatoes, Mixed Vegetables, WW Bread, Fruit Cocktail

Tuesday- March 12

Curry Chicken, Brown Rice, Squash Medley, Green Salad DR, Apple Raisin Slaw, Mandarin Orange

Wednesday-March 13

Ham & Cheese Bake, Steamed Greens, Hot Apples, Coleslaw, WW Bread, Cookie

Thursday-March 14

Chili, Baked Potato with Cheese & Onions, Carrots, Cornbread, Fruit Salad

Friday-March 15

Corned Beef and Cabbage, Red Potatoes, Cucumber & Tomato, WW Bread, Baked Apples

WEEK OF MARCH 18

Monday - March 18

Breaded Fish, Rice Pilaf, Mixed Vegetables, Coleslaw, WW Bread, Fruit Salad

Tuesday - March 19

Colorado Frittata, French Toast, Roasted Potatoes, Bread Pudding, Fruit Salad

Wednesday, March 20

Chicken A La King, with Peas & Carrots, over Noodles, Corn, Citrus Salad

Thursday - March 21

Meatloaf, Mashed Potatoes, Green Beans, Tomato & Cucumber Salad DR, Fruit Salad, WW Bread

Friday-March 22

Lemon Dijon Chicken, Winter Squash Medley, Steamed Cauliflower, Applesauce, WW Bread

WEEK OF FEBRUARY 25

Monday - March 25

BBQ Pork Ribs, Baked Beans, Brussel Sprouts, Kale Salad CNG, Cole Slaw HDM, WW Bun, Mandarin Oranges

Tuesday - March 26

Meatball over Pasta with Red Sauce Peas, Carrots, Glazed Beet Salad, Fruit Salad, Pudding

Wednesday, March 27

Bratwurst & Sauerkraut, German Potato Salad, Stewed Tomatoes, Melon Medley

Thursday - March 28

Chicken Enchilada Casserole, Black Beans, Spanish Rice, Lettuce & Tomatoes, Pico De Gallo, Tropical Fruit

Friday-March 29

Kielbasa Sausage over Rice with Bell Peppers and Onions, Steamed Broccoli, Carrots, Peaches

"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."