

THANK YOU
to the following sponsors and donors!

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- VCA Thumb Butte Animal Hospital
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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



September is Prostate Cancer Awareness Month.

The American Cancer Society recommends that men talk with a health care provider so they can make an informed decision about being tested for prostate cancer. Go to www.CANCER.org for more information



MEALS on WHEELS
PRESCOTT

TOGETHER, WE CAN DELIVER.



Hilltop Café
MENU
September 2019

Phone: 928-445-7630

E-mail:
PMOW@cableone.net

WEEK OF SEPTEMBER 2

Monday - September 2

Closed for Labor Day



Tuesday - September 3

Beef Tacos, Pinto Beans, Spanish Rice, Southwest Slaw, Mandarin Oranges

Wednesday - September 4

Roast Beef, w/Au Jus Red Mashed Potatoes, Mixed Vegetables, Whole Wheat Bread, Peaches and Cream
PIE DAY! (Dining Room Only)

Thursday - September 5

Spinach Quiche w/ Red Peppers and Onions, Hashbrown Potatoes, Lima Beans, Oatmeal Muffin, Whole Fruit

Friday - September 6

Tuna Casserole w/Peas and Carrots, Seasoned Cooked Kale, Whole Grain Dinner Roll, Pears

WEEK OF SEPTEMBER 9

Monday-September 9

Baked-Sliced Ham, Mac N' Cheese, Seasoned Carrots, Coleslaw, Wheat Bread, Fruit Salad

Tuesday-September 10

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



Wednesday - September 11

Chicken Fried Steak, Parsley Potatoes, California Blend Vegetables, Wheat Bread, Tropical Fruit
PIE DAY! (Dining Room Only)

Thursday - September 12

Fiesta Lime Chicken, Rice, Stewed Tomatoes and Zucchini, Wheat Bread, Pineapple

Friday - September 13

Swedish Meatballs w/Sour Cream Gravy over Brown Rice, Cauliflower, Spinach and Grapes

WEEK OF SEPTEMBER 16

Monday - September 16

Oven Fried Chicken, Sweet Potatoes, Fiesta Corn, Cole Slaw, Wheat Bread, Pears

Tuesday - September 17

Roast Turkey w/Gravy, Sweet Potatoes, Stuffing, Green Beans, Apple Crisp

Wednesday - September 18

Spaghetti w/Marinara Sauce, Italian Blend Vegetables, Spinach, Garlic Bread, Mandarin Oranges
PIE DAY! (Dining Room Only)

Thursday - September 19

Corned Beef and Cabbage, Red Potatoes, and Carrots, Wheat Bread, Applesauce



Friday - September 20

Navajo Pork Tacos, Pinto Beans, Mexicali Corn, Shredded Romaine and Tomatoes, Apricots

WEEK OF SEPTEMBER 23

Monday - September 23

Pepper Steak, Black Beans and Rice, Peppers and Onions, Wheat Bread, Kale-Cranberry Slaw, Mixed Fruit

Tuesday- September 24

Hawaiian Haystacks, Brown Rice, Island Vegetables, Pineapple

Wednesday- September 25

Cheese Ravioli, Italian Vegetables, Garlic Bread, Balsamic Slaw, Applesauce
PIE DAY! (Dining Room Only)

Thursday- September 26

Baked Lemon Cod, Brussel Sprouts, Roasted Red Potatoes, Wheat Bread, Grapes

Friday - September 27

Chicken Kiev, Brown Rice Pilaf, Squash Medley, Cinnamon / Walnut Pears

WEEK OF SEPTEMBER 30

Monday - September 30

Green Chili Chicken Burrito, Mexican Rice, Corn, Shredded Romaine and Tomatoes, Citrus Salad

Please note that menus are subject to change without notice.

"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."