

THANK YOU

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Prescott Meals On Wheels

Café on Rosser is open
Monday through Friday
from 11:15am to 12:45pm.

For registered clients 60 years and over a donation of \$5 is suggested.

For all other clients a \$7 payment is required

No reservation needed.
Please join us for lunch!

Milk, Tea, Coffee & Juice are included

Each meal provides 1/3 USDA Adult Nutritional Needs

KEY: HDM = Home Delivered Meals
Office Hours

Monday - Friday
8:00 am to 3:00 pm

Closed on Weekends and Holidays

1280 E Rosser Street
Prescott, AZ 86301

www.PrescottMealsOnWheels.com



MEALS on WHEELS

PRESCOTT

TOGETHER, WE CAN DELIVER.



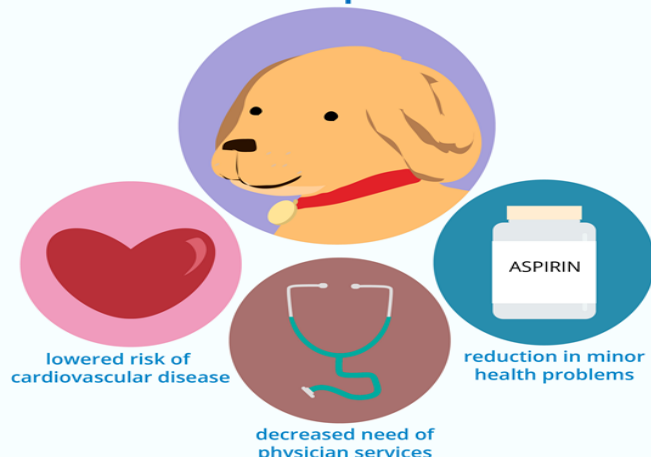
Café on Rosser August 2022

Phone: 928-445-7630

E-Mail:

PMOWcares@gmail.com

Benefits of Companion Animals



For elderly pet owners, who often live alone or in group facilities, pets can help reduce stress, lower blood pressure, increase social interaction and physical activity and help them learn.

- There are a number of health benefits to owning a pet. They include:
- Reduction of blood pressure.
- Reduction of depressed mood by increasing serotonin and dopamine levels.
- Reduction of visits to a doctor. Increased opportunities to exercise.
- Opportunity to meet new people.
- Reduction in loneliness.

If you are looking for a companion animal, or need assistance with your pet contact <https://yavapaihumane.org/>
(928) 445-2666

Please note that menus are subject to change without notice.

Allergy Alert: Please be advised that food prepared here may contain these ingredients or traces of these ingredients: Milk, Eggs, Wheat, Gluten, Peanuts, Soybeans, Tree Nuts, Fish and Shellfish.

PLEASE NOTE:

Whole Wheat Bread & Salad
Included w/each Café on Rosser lunch

WEEK OF AUGUST 1

Monday, August 1

Smoked Sausage w/Onions and Peppers on WW Bun, Oven Fries, Mixed Vegetables, Fruit Salad

Tuesday, August 2

Tuna Casserole with Peas, Onions and Celery, Roasted Carrots, Green Beans & Pearl Onions, Melon Medley

Wednesday, August 3

Orange Chicken, Brown Rice, Stir Fry Vegetables, Cabbage Salad, Mandarin Oranges, Fortune Cookie

Thursday, August 4

Salisbury Steak & Gravy over Mashed Potatoes, Broccoli and Cauliflower, Butternut Squash Medley, Applesauce

Friday, August 5

Chicken Bowtie Pasta w/Vegetables, Breadstick, Spinach & Feta Sautee, Strawberries, Brownie

WEEK OF AUGUST 8

Monday, August 8

Green Chili Burritos, Black Beans, Bell Pepper Tomato Medley, Apricots

Tuesday, August 9

Fish and Chips, Glazed Carrots, WG Biscuit, Coleslaw, Pears

Wednesday, August 10

Baked Rigatoni Manicotti, Lima Beans, Cooked Kale Medley, Orange Slices

Thursday, August 11

Chicken Fettuccine Alfredo, Brussels Sprouts, Butternut Squash, Garlic Bread, Berries, Angel Food Cake

Friday, August 12

Pulled Pork Sandwich, Sweet Potato Fries, Baked Beans, Coleslaw, Watermelon, Brownie

WEEK OF AUGUST 15

Monday, August 15

Rolled Chicken Tacos, Pinto Beans, Spanish Rice, Lettuce and Pico de Gallo, Tropical Fruit, Assorted Cookies

Tuesday, August 16

Beef Chili Cheese Baked Potato, Baked Beans, Broccoli, Apricots

Wednesday, August 17

Open Face Ham and Egg Sandwich, Hash Browns, Bell Peppers with Tomatoes and Onions, Grapes, Cinnamon Roll

Thursday, August 18

Chicken Strips, Sweet Potato, CA Vegetable Blend, WG Biscuit, Apple Slices

Friday, August 19

Minestrone with Mixed Vegetables, Half Turkey Sandwich, Cucumber & Tomato Salad, Pineapple

WEEK OF AUGUST 22

Monday, August 22

Beef & Rice Stuffed Pepper Casserole, Carrots, Garlic Bread, Peaches, Cake

Tuesday, August 23

Cold Asian Chicken Salad, Chow Mein Noodles, Cauliflower with Celery and Carrots, Mandarin Oranges,

Wednesday, August 24

Chili Mac and Cheese, Mixed Vegetables, Balsamic Tomatoes, Grapes

Thursday, August 25

BBQ Pork Country Style Ribs, Roasted Potatoes, Broccoli, Pineapple

Friday, August 26

Lemon Pepper Fish, Mashed Butternut Squash, Broccoli, Jell-O with Pears

WEEK OF AUGUST 29

Monday, August 29

Chicken Quesadilla, Pinto Beans, Zucchini, Pico de Gallo, Tropical Fruit

Tuesday, August 30

Swedish Meatballs, Mashed Potatoes & Gravy, Peas and Carrots, Applesauce, Pudding

Wednesday, August 31

3 Cheese Baked Ziti with WG Garlic Bread, Summer Squash, Cooked Spinach, Peaches and Cream

"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."