

# **THANK YOU**

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## **Prescott Meals On Wheels**

Café on Rosser is closed due to COVID-19 but we are offering Curb-side Meals To-Go

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: HDM = Home Delivered Meals

Office Hours  
Monday through Friday from 8:00 am to 3:00 pm  
Closed on Weekends and Holidays

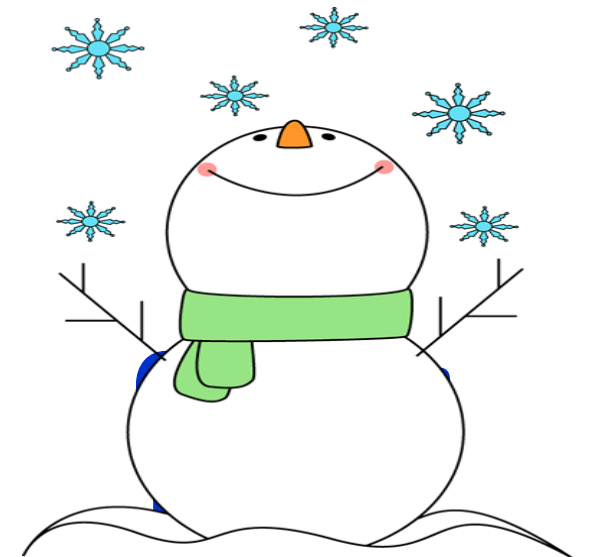
[www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com)  
1280 E Rosser Street  
Prescott, AZ 86301  
928-445-7630



## **MEALS on WHEELS**

### **PRESCOTT**

TOGETHER, WE CAN DELIVER.



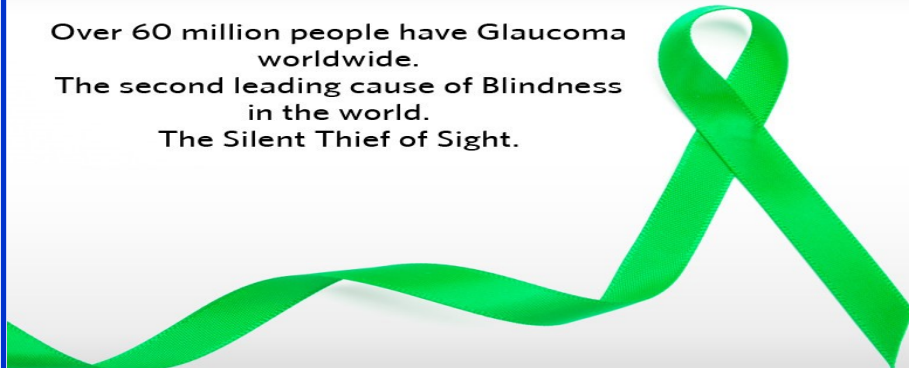
# **January 2022**

Phone: 928-445-7630

E-Mail:  
[PMOWcares@gmail.com](mailto:PMOWcares@gmail.com)

### **January is Glaucoma Awareness Month**

Over 60 million people have Glaucoma worldwide.  
The second leading cause of Blindness in the world.  
The Silent Thief of Sight.



### **Anyone can get glaucoma, but those at higher risk include:**

**Everyone over age 60, especially Hispanics/Latinos  
African Americans over age 40  
People with a family history of glaucoma**

**Don't wait for warning signs! Get a dilated eye exam and save your sight!**

National Eye Health Education Program  
[www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma), 1-301-496-5248

**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 Curbside To-Go  
Meal**

**WEEK OF JANUARY 3**

**Monday, January 3**

Baked Cod, Seasoned Fries,  
Mixed Veggies, Coleslaw,  
Strawberry Shortcake

**Tuesday, January 4**

Chicken Parmesan, Squash Medley,  
Cheese Bread, Caesar Salad  
(Curbside Only), Orange Slices

**Wednesday January 5**

Chicken Fried Steak, Mashed  
Potatoes & Country Gravy,  
Carrots, Applesauce

**Thursday, January 6**

Chicken a la King, Brown Rice,  
Butternut Squash, Tropical Fruit,  
Lemon Bread

**Friday, January 7**

Split Pea & Ham Soup w/WW  
Crackers, Cauliflower, Acorn  
Squash, Grapes

**WEEK OF JANUARY 10**

**Monday, January 10**

Quiche w/Spinach & Tomatoes,  
Potatoes O'Brien (Peppers & Onions)  
WG Biscuit, Cantaloupe

**Tuesday, January 11**

Chicken Marsala Rice & Orzo  
Casserole, Broccoli, Baked Sweet  
Potato, Pineapple

**Wednesday, January 12**

Warm Taco Pita, Chili Beans, Romaine  
& Tomatoes, Apricots

**Thursday, January 13**

Pork Roast, Mashed Potatoes w/Gravy,  
Roasted Carrots, Berries

**Friday, January 14**

Baked Ziti, Squash Medley W/Cooked  
Spinach, WG Garlic Bread,  
Banana Pudding

**WEEK OF JANUARY 17**

**Monday, January 17**

**CLOSED IN OBSERVANCE OF  
MARTIN LUTHER KING DAY**

**Tuesday, January 18**

Beef Broccoli w/Stir Fry Vegetables,  
Brown Rice, Cabbage,  
Mandarin Oranges

**Wednesday, January 19**

Oven Fried Chicken, Mashed Sweet  
Potatoes, Cauliflower, Fruit Cocktail,  
Brownie

**Thursday, January 20**

Salmon Patty, Roasted Red Potatoes,  
Brussel Sprouts, Pears

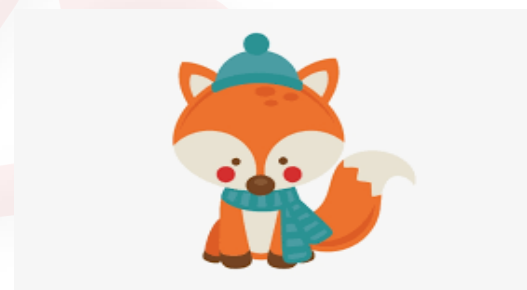
**Friday, January 21**

Hungarian Goulash, Egg Noodles,  
Cooked Spinach, Tropical Fruit

**WEEK OF JANUARY 24**

**Monday, January 24**

Cheesy Baked Italian Meatball, Zucchini  
Medley, Potato Gnocchi, Pineapple,  
Cookie



**Tuesday, January 25**

Green Chili Pork, Pinto Beans,  
Mexicali Corn, Romaine & Diced  
Tomatoes, Mixed Fruit Salad

**Wednesday, January 26**

Garlic Herb Chicken on Seasoned  
Rice, Kale Medley, Corn w/Carrots &  
Peppers, Applesauce

**Thursday, January 27**

Beef Stroganoff over Egg Noodles,  
Cooked Carrots, Cauliflower,  
Citrus Salad

**Friday, January 28**

Hamburger w/Lettuce, Tomato,  
Onion (Cold), Sweet Potato Fries,  
Baked Beans, Apricot Medley

**WEEK OF JANUARY 31**

**Monday, January 31**

Shepherd's Pie w/Mixed Veggies,  
Broccoli, Hot Parmesan Bread,  
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."