

THANK YOU

to the following sponsors and donors!

- Allegra Print & Marketing
- Aspen Communications, LLC
- Post 6 Sons of American Legion
- Arizona Public Service
- Arizona Department of Economic Security
- Bayada Home Health Care
- Bobby's Repair
- City of Prescott
- Costco
- Daylight Donuts
- Desert Financial Credit Union
- Dignity Health - YRMC
- Dutch Bros Coffee
- Fann Contracting, Inc.
- Findlay Toyota Prescott
- Findlay Buick GMC Prescott
- Fry's Food Stores
- Funny Bone *monthly publication*
- Grama's Bakery
- High Desert Pet Hospital
- Holsum Bread
- Hosler Wealth Management LLC
- J.W. Kieckhefer Foundation
- Kemper and Ethel Marley Foundation
- Lamb Chevrolet Auto Group
- Lincoln Elementary Reading and Feeding Program
- Margaret T. Morris Foundation
- Maverick Adventure's First Stop
- Meals on Wheels America
- Mile High Animal Hospital
- Mi Windows and Doors
- Olsen's Grain Prescott
- Panera Bread
- Pioneer Title Agency
- Prescott Area Association of Realtors- PAAR
- Prescott Noon Lions Foundation
- Roberts Marketplace
- Rockwell C. Webb Foundation
- Thumb Butte Animal Hospital
- Yavapai Prescott Indian Tribe
- Yavapai Title Agency

Prescott Meals On Wheels Café on Rosser

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

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

For all other diners 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

50 YEARS

1973-2023



MEALS on WHEELS
PRESCOTT



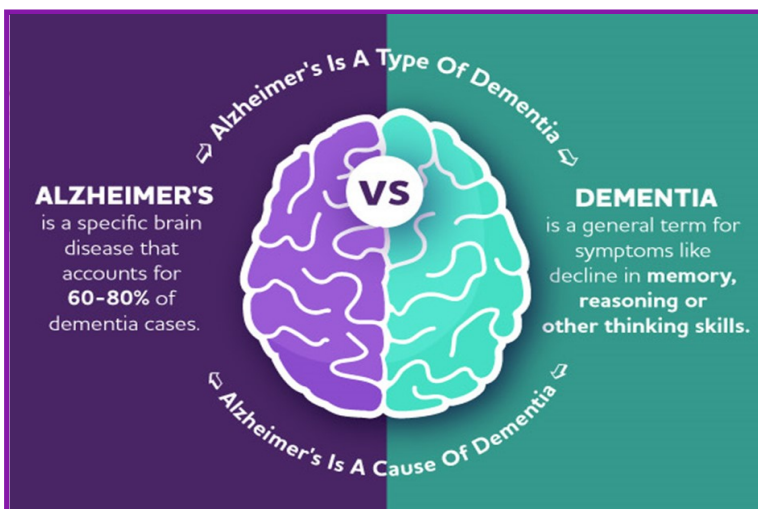
Café on Rosser

JUNE 2023

Phone: 928-445-7630

E-Mail:

PMOWcares@gmail.com



Dementia vs. Alzheimer's:

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, while Alzheimer's is a specific disease.

Alzheimer's is the most common cause of dementia.

The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first.

As Alzheimer's advances, symptoms get more severe and include disorientation, confusion and behavior changes. Eventually, speaking, swallowing and walking become difficult.

Call our 24/7 Helpline: 800.272.3900

Alzheimer's Association <https://www.alz.org/>

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 JUNE 1

Thursday, June 1

Breaded Fish Filet, Cabbage and Carrot Salad, Broccoli with Cauliflower and Carrots, Mixed Melon Medley

Friday, June 2

Mongolian Beef with Brown Rice, Stir Fry Vegetables, Kale with Peppers, Mandarin Oranges, Fortune Cookies

WEEK OF JUNE 5

Monday, June 5

Smothered Mushroom Chicken with Brown Rice, Sweet Potatoes, Peas, Pineapple

Tuesday, June 6

Cheese Ravioli Marinara, Zucchini Medley, Stewed Tomatoes, Garlic Bread, Berries

Wednesday, June 7

Asian Chicken Salad with Wonton Strips, Marinated Broccoli, Peaches, Lemon Bar

Thursday, June 8

LUNCH WITH THE LIBRARIAN

Pork Chops with Mashed Potatoes and Gravy, Carrots, Cauliflower, Cooked Apple Slices

Friday, June 9

Beef Navajo Taco, Pinto Beans, Mexicali Corn w/Red Peppers, Shredded Romaine and Tomatoes, Apricots

WEEK OF JUNE 12

Monday, June 12

Arizona Chicken and Ham Club with Swiss, Vegetable Blend, Romaine and Sliced Tomatoes, Brown Rice, Plums

Tuesday, June 13

Ham Steak with Cheese Frittata, Potatoes O'Brien, Stewed Tomatoes, Peaches, Cinnamon Roll

Wednesday, June 14

Chicken Fajitas with Peppers and Onions, Black Beans, Tortilla Chips with Pico, Tropical Fruit



Thursday, June 15

Spaghetti Bolognese, Italian Blend Vegetables, Cooked Spinach, WG Garlic Bread, Grapes, Pudding

Friday, June 16

Tuna Salad over Romaine Lettuce, WG Crackers, Cucumber Slices and Cherry Tomatoes, Cantaloupe

WEEK OF JUNE 19

Monday, June 19

CLOSED IN OBSERVANCE OF THE JUNETEENTH HOLIDAY

Tuesday, June 20

BBQ Chicken, Sweet Potato Fries, Beans, Coleslaw, Orange Slices,

Wednesday, June 21

Chili Relleno Casserole, Pinto Beans, Summer Squash, WW Tortilla, Tropical Fruit

Thursday, June 22

Hot Ham and Cheese Sub, Oven Fries, Spinach with Red Peppers, Strawberries

Friday, June 23

Chicken Cacciatore with WG Noodles, Vegetable Blend, Green Beans, Pineapple

WEEK OF JUNE 26

Monday, June 26

Potato and Herb Crusted Fish, Rice Pilaf, Zucchini, Carrot and Celery Sticks, Mixed Berries

Tuesday, June 27

Biscuits and Gravy, Scrambled Eggs, Bell Peppers with Onions & Tomatoes, Vegetable Medley, Fruit Salad, Cookie

Wednesday, June 28

Chicken Enchiladas, Black Beans, Stewed Tomatoes, Lettuce and Pico de Gallo, Apricots

Thursday, June 29

Braised Beef, Mashed Potatoes and Gravy, Roasted Carrots, WW Roll, Banana

Friday, June 30

Chicken Strips, Mac & Cheese, Cooked Spinach, Tomato Cucumber Salad, Melon Medley

"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. NACOG Aging prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. NACOG Aging 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."