

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 old 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 from 8:00 am to 3:00 pm
Closed on Weekends and Holidays
.PrescottMealsOnWheels.com
1280 E Rosser Street
Prescott, AZ 86301
928-445-7630



MEALS on WHEELS

PRESCOTT

TOGETHER, WE CAN DELIVER.



Café on Rosser

May 2022

Phone: 928-445-7630

E-Mail:
PMOWcares@gmail.com

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

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 MAY 2

Monday, May 2

Bratwurst on WW Bun, Oven Fries, Mixed Vegetables, Fruit Salad

Tuesday, May 3

Salisbury Steak over Jasmine Rice, Broccoli & Cauliflower, Butternut Squash, Applesauce

Wednesday, May 4

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

Thursday, May 5

Sweet Pepper Steak, Scalloped Potatoes, Asparagus, WG Roll, Grapes, Cake

Friday, May 6

Salmon Patty, Butter Noodles, Peas & Roasted Carrots, Melon Medley

WEEK OF MAY 9

Monday, May 9

Cheese Gnocchi, Green Beans & Peppers, Cooked Spinach, Strawberries

Tuesday, May 10

Meatloaf, Mashed Potatoes & Gravy, Peas & Carrots, Pineapple, Pudding

Wednesday, May 11

Green Chili Cheese Burrito, Refried Beans, Bell Pepper & Tomato Medley, Apricots

Thursday, May 12

Lasagna, Summer Squash, Cooked Kale Medley, WG Garlic Bread, Pears

Friday, May 13

Fish and Chips, Glazed Carrots, WG Biscuit, Coleslaw, Orange Slices, Cookie

WEEK OF MAY 16

Monday, May 16

Taco Casserole, Pinto Beans, Spanish Rice, Lettuce And Pico, Tropical Fruit

Tuesday, May 17

Chicken Fettuccine, Garlic Bread, Brussels Sprouts, Cooked Kale, Berries, Angel Food Cake

Wednesday, May 18

Ham and Cheese Quiche, Hash Browns, Bell Peppers with Tomatoes & Onions, Fruit Salad, Cinnamon Rolls

Thursday, May 19

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

Friday, May 20

Minestrone w/Mixed Vegetables, Half Turkey Sandwich, Tomato & Zucchini Medley, Pineapple

WEEK OF MAY 23

Monday, May 23

Stuffed Pepper Casserole, Carrots, Garlic Cheesy Bread, Peaches, Cookie

Tuesday, May 24

Asian Chicken Stir Fry over Chow Mein Noodles, Snow Pea Medley, Cauliflower, Mandarin Oranges

Wednesday, May 25

BBQ Pork Country Style Ribs, Baked Beans, Peas & Carrots, Potato Salad, Pineapple

Thursday, May 26

Chili Con Carne Mac & Cheese, Stewed Tomatoes, Mixed Vegetables, Grapes

Friday, May 27

Lemon Pepper Fish, Mashed Butternut Squash, Steamed Broccoli, Pears

WEEK OF MAY 30

Monday, May 30

Closed for Memorial Day

Tuesday, May 31

Pulled Pork Sandwich, Tater Tots, Carrots, Applesauce, Brownie



"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."