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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



Café on Rosser

MAY 2023

Phone: 928-445-7630

E-Mail:

PMOWcares@gmail.com



7-DAY OSTEOPOROSIS DIET PLAN



Bone Health: Preventing Osteoporosis

Osteoporosis is a "silent" disease. You do not typically have symptoms, and you may not even know you have the disease until you break a bone. There are simple steps you can take to help prevent the disease and fractures.

Stay physically active, specifically weight bearing exercises such as walking, climbing stairs, lifting weights and dancing.

Drink alcohol in moderation.

Eat a diet rich in calcium and vitamin D, low-fat dairy, and foods with added calcium. Vitamin D can be found in egg yolks, saltwater fish, liver and milk fortified with vitamin D.

Talk to your doctor before taking any nutritional supplements.

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 1

Monday, May 1

Cashew Chicken, Brown Fried Rice, Broccoli, Cabbage Noodle Salad, Apricots

Tuesday, May 2

Chef Salad with Ham, Turkey, Cheese and Tomato, WW Roll, Peaches, Cake

Wednesday, May 3

Bratwurst with Sautéed Onions, Oven Fries, Spinach, Strawberries and Cream

Thursday, May 4

Salisbury Steak over Noodles, Vegetable Blend, Lima Bean Medley, Dried Plums

Friday, May 5

Chicken Quesadilla, Black Beans, Corn Medley, Mango Mix, Cake

WEEK OF MAY 8

Monday, May 8

Meatloaf, Mashed Potatoes and Gravy, Peas and Carrots, Applesauce

Tuesday, May 9

Fisherman's Chowder, Mashed Butternut Squash, Asparagus, Pears

Wednesday, May 10

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

Thursday, May 11

French Dip Sub, Oven Fries, Cooked Carrots, Melon Medley

Friday, May 12

Chili Mac & Cheese, Mixed Vegetables, Stewed Tomatoes, Peaches

WEEK OF MAY 15

Monday, May 15

Tuna Casserole with Peas, Sweet Potatoes, WW Roll, Grapes

Tuesday, May 16

Chicken Fettuccine Alfredo, Green Beans, Butternut Squash, Breadstick, Strawberries

Wednesday, May 17

Taco Casserole, Pinto Beans, Spanish Rice, Lettuce and Pico, Apricots

Thursday, May 18

Split Pea Soup, Half Turkey Sandwich, Mixed Vegetables, Cucumber Tomato Salad, Orange Slices,

Friday, May 19

Baked Potato and Chili Con Carne, Broccoli, WG Biscuit, Tropical Fruit, Brownie

WEEK OF MAY 22

Monday, May 22

Beef Lasagna, Summer Squash, Broccoli, WG Garlic Bread, Peaches and Cream

Tuesday, May 23

BBQ Country Pork Ribs, Sweet Potato Fries, Cauliflower, Apple Slices

Wednesday, May 24

Fish and Chips, Glazed Carrots, WG Biscuit, Coleslaw, Mixed Berries

Thursday, May 25

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

Friday, May 26

Hamburger, Potato Salad, Carrot and Celery Sticks, Watermelon

WEEK OF MAY 29

Monday, May 29

CLOSED FOR MEMORIAL DAY

Tuesday, May 30

Stuffed Pepper Casserole, Kale and Spinach, WG Roll, Orange Slices

Wednesday, May 31

Green Chile Chicken Burro, Black Beans, Corn with Carrots and Peppers, Tropical Fruit