

THANK YOU
to the following sponsors and donors!

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- Yavapai Regional Medical Center
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Prescott
Meals On Wheels
Lunch is served in our Hilltop Café
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: DR = served in our Dining Room
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

1280 E Rosser Street
Prescott, AZ 86301
928-445-7630

National Immunization Awareness Month is an annual observance held in August to highlight the importance of vaccination for people of all ages to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.



MEALS on WHEELS
PRESCOTT

TOGETHER, WE CAN DELIVER.



Hilltop Café
MENU
August 2019

Phone: 928-445-7630
E-mail:
PMOW@cableone.net

WEEK OF AUGUST 1

Thursday - August 1

BBQ Chicken, Baked Beans, Carrots, WW Bread, Berries and Melons

Friday - August 2

Beef Tacos, Black Beans, Spanish Rice, Hardshell Corn Tacos, Diced Lettuce and Tomatoes. Pico de Gallo, Pineapple

WEEK OF AUGUST 5

Monday-August 5

Beef and Pork Lasagna, Italian Blend Vegetables, Green Beans, Garlic Toast, Spinach and Kale Salad, Apricots

Tuesday-August 6

Tuna Salad in a Pita, Lettuce, Tomatoes and Cucumber Slices, Chips, Melons

PIE DAY! (Dining Room Only)

Wednesday-August 7

Cheeseburger, Sweet Potato Fries, Carrots, Bun, Lettuce, Tomato and Onion, Apple Salad

Thursday- August 8

Orange Chicken, Brown Rice, Oriental Vegetables, Fortune Cookie, Mandarin Oranges

Friday-August 9

Ham, Vegetable, and Cheese Egg Bake, Red Roasted Potatoes, Biscuit and Gravy, Mixed Berries

WEEK OF AUGUST 12

Monday-August 12

Chicken Quesadilla Bake, Mexican Rice, Refried Beans, Carrot Salad, Tortilla, Salsa, Melon

Tuesday-August 13

Battered Fish, Sweet Potato Fries, Green Beans, Coleslaw, WW Bread, Grapes

PIE DAY! (Dining Room Only)

Wednesday - August 14

Polynesian Pork, Hawaiian Beans, Island Vegetables (onion, red peppers, wax beans, green beans), WW Bread, Pineapple

Thursday - August 15

Chicken Cordon Bleu, Peas and Carrots, Rice Pilaf, Kale Crunch, WW Bread, Peaches

Friday - August 16

Chicken Fried Steak, Mashed Potatoes, Gravy, Carrots, Coleslaw, WW Bread Pears

WEEK OF AUGUST 19

Monday - August 19

Lemon Chicken, Confetti Rice, California Blend Vegetables, WW Bread, Carrots and Peas on Salad

Tuesday - August 20

Roast Beef and Gravy, Mashed Potatoes, Green Beans, WW Bread, Mixed Fruit

Wednesday - August 21

Tortilla Encrusted Codfish, Mashed Butternut Squash, Steamed Broccoli, WW Bread, Applesauce

Thursday - August 22

Baked Ziti, Carrots, Green Beans, Garlic Bread, Italian Slaw, Grapes

Friday - August 23

Country Herb Chicken, Roasted Red Potatoes, Peas and Carrots, WW Bread, Apricots

ICE CREAM SOCIAL DR ONLY

WEEK OF AUGUST 26

Monday - August 26

Chicken Enchiladas, Pinto Beans, Mexicali Corn, Tortillas, Diced Lettuce and Tomato, Tropical Fruit

Tuesday-August 27

Salisbury Steak, Mashed Potatoes and Gravy, Carrots, Citrus Salad, WW Bread, Peaches

PIE DAY! (Dining Room Only)

Wednesday- August 28

Garden Pork Chops, Rosemary and Garlic Red Potatoes, Monte Carlo Vegetables, WW Bread, Applesauce

Thursday-August 29

Chicken Parmesan, Noodles, Capri Vegetables, Cucumber and Tomato Salad, WW Bread, Pineapple

Friday - August 30

Sloppy Joes, Roasted Sweet Potatoes, Steamed Broccoli, Beet Salad, Bun, Mixed Fruit

Please note that menus are subject to change without notice.

"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."