



THANK YOU
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- VCA Thumb Butte Animal Hospital
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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



December is...Worldwide Food Safety Month
www.cdc.gov/foodsafety/education-month



MEALS on WHEELS

PRESCOTT

TOGETHER, WE CAN DELIVER.



Café On Rosser

Menu

December 2019

Phone: 928-445-7630

E-mail:

PMOWcares@gmail.com



WEEK OF DECEMBER 2

Monday December 2

Chicken Divan, Broccoli, Cooked Carrots, Brown Rice, Tropical Fruit, Cookie

Tuesday December 3

Beef Tacos, Pinto Beans, Spanish Rice, Mexican Corn, Lettuce and Tomato, Pineapple

Wednesday December 4

Oven Baked Cod, Green Bean, Sweet Potato Fries, WW Bread, Grapes

Thursday December 5

Biscuits & Sausage Gravy, Scrambled Eggs with Bell Peppers & Onions, Tomato Slices, Apricots

Friday December 6

Orange Chicken over Brown Rice, Oriental Vegetables, Spring Roll, Spinach Salad, Mandarin Oranges, Fortune Cookie

WEEK OF DECEMBER 9

Monday December 9

Baked Mac & Cheese, Peas and Carrots, Steamed Broccoli, WG Roll, Fruit Ambrosia

Tuesday December 10

Hearty Minestrone Soup with Ground Turkey, Mashed Sweet Potatoes, WW Bread, Herb Butter Cauliflower, Peaches

Wednesday December 11

Chicken Fried Steak with Country Gravy, Parsley Potatoes, California Blend Vegetables, WW Bread, Tropical Fruit

Thursday December 12

Fiesta Lime Chicken with Stewed Tomatoes, Zucchini, Green Salad (DR only), WG Bread, Grapes

Friday December 13

Swedish Meatballs w/Sour Cream Mushroom Gravy over Brown Rice Pilaf, Corn and Carrot Medley, Cooked Spinach, Pineapple, Carrot Cake

WEEK OF December 16

Monday December 16

Oven Fried Chicken, Sweet Potato Fries, Green Beans, Cornbread, Mandarin Oranges

Tuesday December 17

Chicken Calabrese, Buttered Orzo, Cauliflower & Broccoli, Pineapple

Wednesday December 18

Spaghetti Marinara, Italian Blend Vegetables, Cooked Spinach, Garlic Bread, Citrus Jello with Pears

Thursday December 19

Open Faced Turkey Melt, Mashed Potatoes, Orange Glazed Carrots, WG Bread, Berries, Brownie

Friday December 20

Jambalaya with Chicken and Sausage, Stewed Tomatoes, Peppers, Celery & Onions, Brown Rice, Red Beans, Seared Kale, Peaches

WEEK OF December 23

Monday December 23

Chicken Cordon Bleu, Brown Rice, Butternut Squash, Brussels Sprouts, Pears

Tuesday December 24

Prime Rib Carving Station, Mashed Potatoes, French Cut Green Beans, WW Roll, Fruit Pie

Wednesday December 25

**MERRY CHRISTMAS
CLOSED**

Thursday December 26

Cheese Ravioli, Zucchini, Carrots, Garlic Bread, Applesauce, Cookie

Friday December 27

Meatloaf, Red Potatoes, Peas and Carrots, WW Bread, Pineapple

WEEK OF DECEMBER 30

Monday December 30

Pork Chili Verde, Mexican Rice, Mexican Corn, Tortilla, Shredded Romaine and Tomatoes, Citrus Salad

Tuesday December 31

Baked Ham, Black Eyed Peas, Sweet Potatoes, Braised Greens, Corn Bread, Fruit Cocktail

Please note that menus are subject to change without notice.

