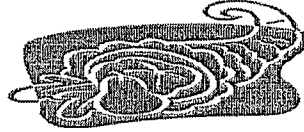


**CATHOLIC COMMUNITY SERVICES – TUCSON**  
**NUTRITION SERVICES**  
**NOVEMBER 2021**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HONEY MUSTARD CHICKEN 1 BROWN RICE PILAF BRUSSELS SPROUTS PEACH CRUMBLE	LATIN-ROASTED PORK 2 LEMON-HERBED QUINOA BROCCOLI/ CAULIFLOWER MIX WHOLE WHEAT BREAD/ BUTTER MANGO-PINEAPPLE SALAD	SLOPPY JOE 3 ROASTED POTATOES CREAMY SOLE SLAW WW BUN PEARS	ALBONDIGAS SOUP 4 ROASTED BUTTERNUT SQUASH MIXED GREEN SALAD/ DRESSING MIXED FRUIT	BREADED FISH 5 FILLET/TARTAR SC ROASTED SWEET POTATOES SAUTEED SPINACH BANANA CHOCOLATE CHIP COOKIE
CHILI CON CARNE 8 STEAMED CARROTS CORN MUFFIN/BUTTER APPLESAUCE	MEAT MARINARA SAUCE 9 OVER PENNE PASTA GREEN BEANS BROCCOLI SALAD SEASONAL FRUIT	CHICKEN TIKKA MASALA 10 BASMATI RICE CAPRI VEGETABLES WHOLE WHEAT BREAD/ BUTTER BANANA	PARMESAN BAKED POLLOCK 11 ROASTED SWEET POTATOES GREEN PEAS WHOLE WHEAT BREAD/BUTTER BANANA	MONGOLIAN BEEF 12 CAULIFLOWER RICE EMPEROR BLEND VEGETABLES PEACHES
CHICKEN THIGHS W/ MANGO SALSA 15 BROWN RICE CAPRI VEGETABLES WHOLE WHEAT BREAD/ BUTTER MANDARIN ORANGE PIECES	MEATLOAF/GRAVY 16 MASHED POTATOES SUCCOTASH SEASONAL FRUIT	CREAMY TURKEY- HAM AND 17 POTATO SOUP STEAMED BROCCOLI CARROT/RAISIN SALAD PEARS	CHEESE OMELET 18 SAUTEED SPINACH QUINOA AND BLACK BEANS WHOLE WHEAT BREAD/ BUTTER BANANA	TERIYAKI BEEF 19 BROWN RICE PILAF EMPEROR BLEND VEGGIES GREEN SALAD/DRESSING PINEAPPLE PIECES BROWNIE
SWEDISH MEATBALLS 22 LEMON-HERBED QUINOA SAVORY CARROTS BABY SPINACH SALAD/ DRESSING APPLESAUCE	CHICKEN TENDERS 23 RED ROASTED POTATOES CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD/BUTTER SEASONAL FRUIT	WHITE CHICKEN CHILI 24 BROCCOLI SALAD DINNER ROLL/ BUTTER PEACH CRUMBLE	ROAST TURKEY/GRAVY 25 BREAD STUFFING MASHED SWEET POTATOES PEAS & ONIONS AMBROSIA SALAD PUMPKIN PIE	BBQ'D PULLED CHICKEN 26 MOLASSES BAKED BEANS CREAMY COLE SLAW WW BUN BANANA
TURKEY TETRAZZINI 29 ITALIAN BLEND VEGGIES BABY SPINACH SALAD PEARS OATMEAL COOKIE	BEEF STRONGANOFF 30 EGG NOODLES COUNTRY BLEND VEGGIES WHOLE WHEAT BREAD/ BUTTER SEASONAL FRUIT			

\*SALAD WILL BE A CHOICE OF EITHER CARROT/RAISIN, COLE SLAW, OR BROCCOLI BASED ON AVAILABILITY

\*\* ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK\*\* EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED

\*\* NUTRITIONAL INFORMATION ON THE BACK OF THIS MENU

THE FRUIT MAY DIFFER BASED ON AVAILABILITY

ALL MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY

NO DELIVERY ON 11/25 FOR THANKSGIVING

THANK YOU FOR YOUR DONATIONS. THEY HELP US STRETCH-H-H-H OUR SERVICES!!

NUTRITIONAL INFORMATION  
NOVEMBER 2021

Diabetic Exchanges

Day	ENTRÉE	Cal (kcal)	Pro (gm)	Fat (gm)	Carb (g)	Calc (mg)	Mag (mg)	Sodium (mg)	Pot (mg)	Vit A (mcg_R AE)	Vit C (mg)	B6 (mg)	Fiber (gm)	Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
1	HONEY MUSTARD CHICKEN	680	35	26	81	445	133	292	1453	101	93	1	12	1.54		3.19	2.23	1	1	.58	1.06
2	LATIN-ROASTED PORK	610	37	14	84	393	149	674	1552	68	103	1	9	2.69	2.81		1.8	.81	1	.5	.43
3	SLOPPY JOE	2.9	2.36	25	98	414	104	783	1731	63	54	1	12	2.9	2.36		1.95	1	1	2.82	.42
4	ALBONDIGAS SOUP	820	36	26	113	463	120	943	1651	1154	72	1	15	1.76	2.79		5.03	1	1	.89	.03
5	BREADED FISH	860	28	28	131	492	194	786	1630	711	24	1	11	1.0	2		1.37	1.75	1	.45	.5
8	CHILI CON CARNE	810	34	22	73	435	136	484	1821	677	36	1	13	2.25	1.81		2.21	.82	1	1	.02
9	PASTA WITH MEAT SAUCE	700	38	18	95	503	103	439	1801	168	69	1	15	1.19	2.72		2.33	1.38	1.26	1.33	.49
10	CHICKEN TIKKA MASALA	930	44	30	120	382	84	738	1255	133	13	1	8	1.38		3.5	1.74	1.75	1	3.14	.18
11	PARM BAKED POLLOCK	840	34	22	128	419	125	860	1202	136	21	1	15	2.51	2	.33		1.75	1	1	.5
12	MONGOLIAN BEEF	700	31	16	109	361	75	760	1160	249	69	1	7	.14	2.5		3.52	1	1	.39	.37
15	CHICK THIGHS/MANGO SC	860	42	38	83	352	115	605	912	44	29	1	7	2.57		2.5	1.26	1.32	1	2.53	
16	MEATLOAF/GRAVY	590	30	22	70	346	78	795	1344	13	38	1	10	.97		2.5	.21	.88	1		
17	TURKY HAM/POTATO SOUP	960	43	36	118	707	70	1043	1973	587	91	1	15	2.67	2.02		3.89	.51	1.95	3.87	.2
18	CHEESE OMELET	810	34	34	97	560	240	936	1940	845	29	1	16	1.98			1.7	1.75	1	3.56	
19	TERIYAKI BEEF	730	36	17	123	388	84	866	1123	60	42	1	11	.86	2.5		3.78	1.0	1	5	15
22	SWEDISH MEATBALLS	640	35	23	82	643	236	697	2235	1835	77	1	15	1.34		2.0	4.41	.95	1.36	1.11	.01
23	CHICKEN TENDERS	700	31	25	88	377	106	759	1536	409	52	1	10	2.52	2		1.13	.82	1	1.85	
24	WHITE CHICKEN CHILI	950	39	35	122	630	121	1050	1338	192	115	1	10	2.86	3		1.08	11.3	1.81	5.44	1.63
25	*ROASTED TURKEY	1050	40	28	162	485	105	1464	1288	684	39	1	13	3.12	3		1.0	.92	1.47	1.6	
26	BBQ'D PULLED CHICKEN	780	47	15	115	430	177	862	1943	34	50	1	14	2.73	3.62		2.26	1.75	1	1.37	.78
29	TURKEY TETRAZZINI	700	45	19	90	454	90	709	1080	113	28	1	11	1.7	2.27		.84	.75	1	1.15	.47
30	BEEF STRONGANOFF	910	38	37	98	396	87	527	1126	60	31	1	9	2.76	3.5		2.31	.88	1	2.42	

\*High Sodium Holiday Meal

**DATE SAVVY**  
**Linda Rumsey, MS, RDN**

What does that date mean that is found on food products? There are three types of dates; 1) “Sell-By”, 2) “Best if Used By (or Before)”, and 3) “Use-By. These terms all apply to unopened products. The “Sell-By” or “pull-by” date tells the store when to take the product off the shelf. Most stores rotate their stock, but you should still look for this date before purchasing to ensure that you get the freshest product. However, this date does not mean that the product is no longer edible. For instance, milk will usually still be good for at least a week beyond this date if properly refrigerated. The “Best if Used-by” date means the product should retain optimal freshness, flavor, and texture if used by this date. Beyond this date the product may start to deteriorate but still may be edible. The “Use-By” or “Expiration” date is the last date recommended for the use of the product. If you have not used the product by this date, toss it out. While other dating terms are used as guidelines, this one means what it says. Remember that you should always look at your food and smell it before eating it. Food can go bad at any time if not stored properly. Follow the food principle of, “When in Doubt, Throw it Out”!