

CATHOLIC COMMUNITY SERVICES - TUCSON
NUTRITION SERVICES
JANUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEDISH MEATBALLS 3 LEMON-HERBED QUINOA SAVORY CARROTS BABY SPINACH SALAD/DRESSING APPLESAUCE	CHICKEN TENDERS 4 RED ROASTED POTATOES CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD/BUTTER SEASONAL FRUIT	WHITE CHICKEN CHILI 5 BROCCOLI SALAD DINNER ROLL/BUTTER PEACH CRISP	ROAST TURKEY W/GRAVY 6 SWEET POTATOES PEAS AND ONIONS AMBROSIA	BBQ PULLED CHICKEN 7 MOLASSES BAKED BEANS CREAMY COLE SLAW WHOLE WHEAT BUN BANANA
SALISBURY STEAK/GRAVY 110 MASHED POTATOES COUNTRY BLEND VEGGIES WHOLE WHEAT BREAD/ BUTTER PEACHES	CHICKEN PARMESAN 11 WWW PENNE PASTA LEMON-STEAMED SPINACH APPLESAUCE JELLO CUP	BEEF STEW 12 BRUSSELS SPROUTS GREEN SALAD/DRESSING WHOLE WHEAT BREAD/ BUTTER SEASONAL FRUIT	CHICKEN THIGHS W/ GINGER SESAME GLAZE 13 BROWN RICE ASIAN BLEND VEGGIES BROCCOLI SALAD MANDARIN ORANGE SEGMENTS	TURKEY PAPRIKASH 14 EGG NOODLES GREEN BEAND WHOLE WHEAT BREAD/ BUTTER BANANA
TURKEY TETRAZZINI 17 ITALIAN BLEND VEGGIES BABY SPINACH SALAD/ DRESSING PEARS OATMEAL COOKIE	BEEF STROGANOFF 18 EGG NOODLES COUNTRY BLEND VEGGIES WHOLE WHEAT BREAD/ BUTTER SEASONAL FRUIT	SWEET & SOUR PORK 19 BROWN RICE PILAF EMPEROR BLEND VEGGIES GREEN SALAD/DRESSING MANDARIN ORANGE SEGMENTS	CHICKEN MARSALA 20 CAULIFLOWER RICE STEAMED BROCCOLI WHOLE WHEAT BREAD/ BUTTER MIXED FRUIT CUP	POT ROAST 21 CARROTS AND BABY BAKERS MIXED VEGETABLES WHOLE WHEAT BREAD/BUTTER BANANA CHOCOLATE PUDDING
HONEY-MUSTARD CHICKEN 24 BROWN RICE PILAF MIXED VEGETABLES PEACH CRUMBLE	LATIN-ROASTED PORK 25 LEMON-HERBED QUINOA BROCCOLI & CAULIFLOWER WHOLE WHEAT BREAD/BUTTER MANGO-PINEAPPLE SALAD	SLOPPY JOE 26 ROASTED POTATOES CREAMY COLE SLAW WHOLE WHEAT BUN PEARS	ALBONDIGAS SOUP 27 BUTTERNUT SQUASH MIXED GREEN SALAD/ DRESSING WWW TORTILLA MIXED FRUIT CUP	BREADED FISH/ 28 TARTAR SAUCE ROASTED SWEET POTATOES SAUTEED SPINACH BANANA CHOCOLATE CHIP COOKIE
CHILI CON CARNE 31 STEAMED CARROTS CORN MUFFIN/BUTTER APPLESAUCE PUDDING CUP				

** 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

NO DELIVERY MON JAN 17TH FOR MLK DAY
 ALL MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY

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

NUTRITIONAL INFORMATION
January 2022

Diabetic Exchanges

Day	ENTRÉE	Cal (kcal)	Pro (gm)	Fat (gm)	Carb (g)	Calc (mg)	Mag (mg)	Sodium (mg)	Pot (mg)	Vit A (meg_R AE)	Vit C (mg)	B6 (mg)	Fiber (gm)	Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
3	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
4	CHICKEN TENDERS	700	31	25	88	377	106	759	1536	409	52	1	10	2.52	2		1.13	.82	1	1.85	
5	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
6	ROAST TURKEY	585	33	10	93	357	80	907	827	138	22	1	10	1.13	3		.5	.59	1		.61
7	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
10	SALISBURY STEAK	770	33	28	92	334	56	1021	949	100	25	1	10	1.38	3		1.88	1.5	1	1.45	.05
11	CHICKEN PARMESAN	830	41	20	126	618	141	788	1555	855	30	1	18	3.94	2	.32	1.81	1.33	1		.5
12	BEEF STEW	840	42	34	95	459	130	773	2026	382	143	1	16	1.74	2.4		4.57	.88	1	3.6	.02
13	SESAME CHICK THIGHS	720	45	22	86	397	163	769	1687	70	40	1	9	2.27	3.88		1.45	.7	1	1.55	.43
14	TURKEY PAPRIKASH	800	49	21	105	453	198	774	2023	91	91	2	13	3.25	2.4		1.82	1.76	1	2.07	.02
17	TURKEY TETRAZZINI	700	45	19	90	454	90	709	1080	113	28	1	11	1.7	2.27		.84	.75	1	1.15	.47
18	BEEF STRONGANOFF	910	38	37	98	396	87	527	1126	60	31	1	9	2.76	3.5		2.31	.88	1	2.42	
19	SWEET & SOUR PORK	660	34	15	97	408	108	635	1387	241	78	1	10	1.07	2.86		3.54	.95	1		1.3
20	CHICKEN MARSALA	900	45	47	76	421	160	710	1472	185	157	1	11	1.38		2.5	2.54	1.13	1	4.91	
21	POT ROAST	870	36	22	124	358	130	1175	1365	735	35	1	15	1.38		3	3.06	1.75	1	.5	1
24	HONEY MUSTARD CHICKEN	700	35	26	85	409	113	362	1111	67	25	1	12	1.54		3.19	1.71	1	1	.58	1.08
25	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
26	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
27	ALBONDIGAS SOUP	820	36	26	113	463	120	943	1651	1154	72	1	15	1.76	2.79		5.03	1	1	.89	.03
28	BREADED FISH	860	28	28	131	492	194	786	1630	711	24	1	11	1.0	2		1.37	1.75	1	.45	.5
31	CHILI CON CARNE	910	36	26	87	435	136	599	1821	677	36	1	13	2.25	1.81		2.21	.82	1	1	1.02

BRAIN FOOD

Linda Rumsey, MS, RDN

Eating a colorful, healthy, balanced diet that includes a variety of foods is the basis for health and aging well. This is also true for protecting your brain and mental function. Recent studies suggest that nutrients may have a significant positive effect on the brain's potential and assist in preventing a decline in functioning and disease. **Egg yolks, fish, leafy greens, pomegranate juice, nuts and seeds, berries, beans, whole grains, and dark chocolate** are all foods that contain nutrients that help prevent an age-related decline in brain functioning, brain damage from strokes, and Alzheimer's disease. We include many of these foods in our menu. Try to eat extra servings of these foods at home for optimal brain health.