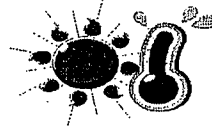


CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
JUNE 2022



HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ASSORTED FROZEN ORANGE 1	PORK MIXED GRILL CHIMICHURRI SC QUINOA AND BLACK BEANS SAUTEED SPINACH BANANA 2	FRIED CHICKEN BREAST GERMAN POTATO SALAD BRAISED RED CABBAGE BANANA 3
TURKEY TETRAZZINI ITALIAN VEGGIES BABY SPINACH SALAD/ DRESSING GRAPES 6	CHICKEN THIGHS W/ GINGER SESAME SC LEMON-HERBED QUINOA ASIAN BLEND VEGGIES APPLE CRISP 7	BEEF & BEAN SALAD/ DRESSING CARROT-RAISIN SALAD WW BREAD/BUTTER PEAR CUP 8	*ASSORTED FROZEN WW BREAD/BUTTER BANANA 9	BEEF STROGANOFF EGG NOODLES ROASTED BRUSSELS SPROUTS WW BREAD/BUTTER BANANA 10
ROAST TURKEY/GRAVY SWEET POTATOES PEAS & ONIONS BABY SPINACH SALAD/ DRESSING GRAPES 13	CHEESE OMELET ROASTED POTATOES SAUTEED SPINACH WW BREAD/BUTTER ORANGE 14	CHICKEN TORTELLINI SALAD 5-BEAN SALAD WW BREAD/BUTTER MANDARIN ORANGE SEGMENTS 15	MEATLOAF MASHED POTATOES/ GRAVY SUCCOTASH BANANA 16	CHICKEN MASALA CAULIFLOWER RICE BROCCOLI FLORETS BANANA 17
SLOPPY JOE ROASTED POTATOES WW BUN GRAPES 20	PORK CARNITAS QUINOA AND BLACK BEANS BRAISED RED CABBAGE APPLESAUCE 21	TUNA SALAD ON ROMAINE LETTUCE CUCUMBER SALAD WW BREAD/BUTTER BANANA 22	BEEF STEW W/CARROTS & POTATOES ROASTED BUTTERNUT SQUASH CORN MUFFIN PINEAPPLE CUP 23	LASAGNA ROLL-UPS W/MEAT MARINARA SC SAUTEED SPINACH PEACH CRISP 24
CHICKEN PARMESAN PENNE PASTA SAVORY CARROTS GRAPES 27	TERIYAKI BEEF LEMON-HERBED QUINOA EMPEROR BLEND VEGGIES PEAR CUP OATMEAL COOKIE 28	CHEF'S SALAD/DRESSING 5-BEAN SALAD WW BREAD/BUTTER MIXED FRUIT CUP 29	SWEET & SOUR MEATBALLS BROWN RICE PILAF GREEN PEAS CARROT-RAISIN SALAD BANANA 30	

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

** NUTRITIONAL INFORMATION ON THE BACK OF THIS MENU

ALL MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY

THE FRUIT MAY DIFFER BASED ON AVAILABILITY THANK YOU FOR YOUR DONATIONS. THEY HELP US STRETCH-H-H-H OUR SERVICES!!

NUTRITIONAL INFORMATION
JUNE 2022 - HOME DELIVERED MEALS

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)	Vit K (mcg)	Fiber (gm)	Star-ch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
1	SW CHICKEN SALAD	630	34	27	66	469	86	653	1561	103	95	53	8	1.34	2.06		.33	1.05	1	2.64	
2	PORK MIXED GRILL	710	40	25	76	554	232	716	2294	724	62	685	13	.84	2.9	.5	2.59	1.77	1	2.51	
3	FRIED CHICKEN	700	34	21	98	323	87	879	1817	4	14	1	11	1.04	2		1.96	2.12	1	.81	1.06
6	TURKEY TETRAZZINI	580	42	16	66	479	95	616	1272	108	30	95	8	1.19	2.5		.67	.88	1	.22	
7	GINGER CHICKEN THIGHS	740	43	9	100	369	170	637	1534	22	81	369	9	2.45	3.88		1.64	.05	1	1.66	1.47
8	BEEF & BEAN SALAD	760	27	31	91	472	152	814	1405	493	26	46	13	1.65	1.25		.96	1.49	1	3.05	.18
9	PARM BAKED FISH	790	30	22	119	431	120	781	1251	42	22	42	11	1.38	2.0	.33	1.23	1.75	1	1	.05
10	BEEF STROGONOFF	920	42	38	102	413	128	512	1549	93	98	2	11	2.76	3.5		2.84	1.75	1	2.55	
13	ROAST TURKEY	630	34	14	92	396	110	1007	1260	206	25	122	12	1.13	3		1.33	.88	1		
14	CHEESE OMELET	690	29	28	83	593	210	730	1946	723	94	669	11	2.62			1.79	1.02	1	2.33	
15	CHICKEN TORT SALAD	730	37	30	79	396	92	861	1279	61	52	21	8	2.58	2.06		.79	.7	1	3.53	.02
16	MEATLOAF	630	31	23	79	333	96	795	1548	11	26	6	10	.97	2.0		1.21	1.75	1.11		
17	CHICKEN MARSALA	630	41	28	56	400	169	344	1810	59	167	19	11			2.5	2.54	1.87	1	1.89	
20	SLOPPY JOE	680	34	20	89	382	92	642	1749	52	28	33	33	2.9	2.36		1.1	.88	1	1.45	.31
21	PORK CARNITAS	560	31	12	83	362	84	477	1095	2	34	2	11	.84		2.14	2.29	1.25	1		.91
22	TUNA SALAD	880	38	45	83	433	81	967	1017	77	10	22	7	1.38	2.0	.88	1.45	1.76	1	1.84	.51
23	BEEF STEW	860	32	29	76	459	145	476	1973	1090	59	10	10	.36	2.4		4.79	1.75	1	2.34	.02
24	LASAGNE ROLL-UPS	760	43	26	93	501	185	606	1699	955	147	667	10	1.64	2.72		1.37	.63	1.5	1.56	1.04
27	CHICKEN PARMESAN	830	38	20	126	466	48	728	1829	1079	14	39	15	3.94	2.0	.32	2.08	.88	1	.25	.5
28	TERIYAKI BEEF	620	36	16	85	345	104	613	1003	5	21	2	9	1.31	2.4		2.69	1.04	1		
29	CHEF'S SALAD	830	45	42	69	423	97	956	1216	275	13	63	8	1.89	3.03	1.01	.5	.88	1	2.34	
30	SWEET & SOUR MEATBALLS	710	39	19	98	426	157	880	1663	665	42	104	11	2.22		2.62	1.39	2.24	1.04	.8	.18

WHOLE GRAINS

Linda Rumsey, MS, RDN

Eating whole grains is still a top food trend. The results are in from a large study that tracked 117,000 men and women for 25 years. Those that ate more whole-grain bread, oatmeal, brown rice, or barley had a 9 percent lower mortality rate during the time of the study. Heart health also improved for every serving consumed by study participants. Other studies have confirmed that choosing foods made with fiber-rich, nutrient-packed grains instead of the refined kind can reduce the risk of Type 2 diabetes as well as stroke risk. Whole grains provide superior nutrition because the bran is not removed thus providing more protein, good-fat, and many additional vitamins and minerals. The increased fiber content of whole grains slows the digestion of carbohydrates, lowers cholesterol and keeps you regular. The bread that you receive with your meal is 100% whole grain, the rice is brown, and the pasta and tortillas are whole wheat. To increase your consumption of whole grains always purchase bread that states 100% WHOLE wheat flour as the first ingredient not just wheat flour or unbleached enriched flour. Be cautious with products that say "whole grain" on the label. It doesn't mean 100% whole grain unless it states this in the ingredient list. Cook up a batch of quinoa or barley and include it in soups or as a side dish. Try steel-cut oats for breakfast or Old-Fashioned rolled oats. It might take a little longer to cook than the instant kind, but you can prepare enough for several days at a time, store in the refrigerator and reheat in the microwave. Snack on popcorn made with little oil and salt, whole grain cereal or crackers. Whole grain foods are not hard to like and with a little effort you can significantly improve your diet and your health.