

**CATHOLIC COMMUNITY SERVICES - TUCSON**  
**NUTRITION SERVICES**  
**JULY 2022**



**CONGREGATE MEALS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				BREADED FISH FILLET 1 TARTAR SAUCE ROASTED POTATOES STEAMED SPINACH PEACHES OATMEAL COOKIE
4 <sup>TH</sup> OF JULY 4 ALL CENTERS CLOSED	MONGOLIAN BEEF 5 BROWN RICE PILAF EMPEROR BLEND VEGGIES BABY SPINACH SALAD/ DRESSING PEAR CUP	PORK MIXED GRILL W/ 6 CHIMICHURRI SC QUINOA AND BLACK BEANS SAUTEED SPINACH BANANA	SALISBURY STEAK/ 7 GRAVY MASHED POTATOES ROASTED BUTTERNUT SQUASH APPLESAUCE OATMEAL COOKIE	FRIED CHICKEN BREAST 8 HOT GERMAN POTATO SALAD BRAISED RED CABBAGE BANANA
TURKEY TETRAZZINI 11 ITALIAN VELEGABLES BABY SPINACH SALAD/ DRESSING DRIED CRANBERRIES	SOUTHWEST CHICKEN 12 SALAD RANCH DRESSING CORN SALAD ORANGE	PARMESAN BAKED 13 POLLOCK/TARTAR SC SWEET POTATOES GREEN BEANS WW BREAD/BUTTER BANANA	CHICKEN THIGHS W/ 14 GINGER SESAME SC LEMON-HERBED QUINOA ASIAN BLEND VEGGIES APPLE CRISP	BEEF STROGANOFF 15 EGG NOODLES ROASTED BRUSSELS SPROUTS KALE SALAD BANANA
ROAST TURKEY/GRAVY 18 SWEET POTATOES PEAS & ONIONS BABY SPINACH SALAD/ DRESSING GRAPES	BEEF & BEAN SALAD 19 CARROT-RAISIN SALAD WW BREAD/BUTTER PEAR CUP	MEATLOAF 20 MASHED POTATOES/ GRAVY SUCCOTASH BANANA	CHEESE OMELET 21 ROASTED POTATOES SAUTEED SPINACH ORANGE	CHICKEN MARSALA 22 CAULIFLOWER RICE BROCCOLI FLORETS BANANA
SLOPPY JOE 25 ROASTED POTATOES BABY SPINACH SALAD/ DRESSING WW BUN GRAPES	CHICKEN TORTELLINI 26 SALAD 5-BEAN SALAD WW BREAD/BUTTER MANDARIN ORANGES	LASAGNA ROLL-UPS 27 W/MEAT MARINARA SC SAUTEED SPINACH PEACH CRISP	BEEF STEW W/CARROTS 28 & POTATOES ROASTED BUTTERNUT SQUASH CORN MUFFIN/BUTTER BANANA	PORK CARNITAS 29 QUINOA AND BLACK BEANS BRAISED RED CABBAGE BANANA

\*\* 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  
JULY 2022 - CONGREGATE 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)	Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
1	BREADED FISH	690	28	26	89	507	173	768	1637	711	37	685	8	1.14	2		1.37	1	1	1.3	.5
5	MONGOLAN BEEF	860	34	23	134	421	133	891	1339	328	22	89	11	1	2.5		3.57	1	1	.39	.37
6	MIXED PORK GRILL	710	40	25	76	554	232	716	2294	724	62	685	13	.84	2.9	.5	2.59	1.77	1	2.51	
7	SALISBURY STEAK	710	31	28	94	373	78	790	1283	582	28	6	11	1.0	3		2.84	1.76	1	1.3	.06
8	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
11	TURKEY TETRAZZINI	600	42	14	79	497	117	566	1228	465	40	358	10	1.19	2.5		1.42	1.9	1	1.08	
12	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	
13	PARMESAN BAKED FISH	740	30	20	114	431	120	781	1251	42	22	42	12	3.38	2.33		1.23	1.75	1	1	.5
14	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
15	BEEF STROGANOFF	840	43	38	85	587	143	351	1841	443	184	478	12	1.38	4.01		4.6	1.78	1	2.88	
18	ROAST TURKEY	630	34	14	92	396	110	1007	1260	206	25	122	12	1.13	3		1.33	.88	1		
19	BEEF & BEAN SALAD	710	27	28	86	472	152	814	1405	493	26	46	14	1.65	1.25		.96	1.49	1	3.05	.18
20	MEATLOAF	630	31	23	79	333	96	795	1548	11	26	6	10	.97	2.0		1.21	1.75	1.11		
21	CHEESE OMELET	690	29	28	83	593	210	730	1946	723	94	669	11	2.62			1.79	1.02	1	2.33	
22	CHICKEN MARSALA	630	41	28	56	400	169	344	1810	59	167	19	11			2.5	2.54	1.87	1	1.89	
25	SLOPPY JOE	900	28	37	103	418	126	798	2011	131	37	105	12	3.57	2.71		1.43	.88	1	1.45	.31
26	CHICKEN TORT SALAD	680	37	28	74	396	92	861	1279	61	52	21	9	2.58	2.06		.79	.7	1	3.53	.02
27	LASAGNE ROLL-UPS	760	43	26	93	501	185	606	1699	707	129	667	10	1.64	2.72		1.37	.6	1.5	1.56	1.04
28	BEEF STEW	830	32	29	69	427	123	474	1740	738	45	10	9	.36	2.4		3.6	1.75	1	2.3	.02
29	PORK CARNITAS	620	33	12	95	357	105	516	1451	8	17	5	14	.6		2.14	1.84	2.12	1	.09	.91

***HEALTHY WEIGHT FOR OLDER ADULTS***  
***Linda Rumsey, MS, RDN***

Maintaining a healthy weight is an important strategy for disease prevention and longevity. Weight control becomes more challenging as we age because we need fewer total calories, but more nutrients. Protein, B-vitamins, calcium and vitamin D are especially key to healthy aging. Food choices must focus on quality not quantity to achieve optimal nutrition for the fewest calories. Our senior meal sites and meals-on-wheels program offer plenty of opportunities to increase your consumption of vegetables and fruits. If you are on a limited income and struggling to stock your pantry at home with healthy food, you can check with the Supplemental Nutrition Assistance Program (SNAP), to see if you qualify. Apply on-line at [www.azdes.gov/nutrition\\_assistance](http://www.azdes.gov/nutrition_assistance) to begin the process. Portion control is also essential for achieving a healthy weight. Avoid eating in front of the TV or computer, read the nutrition facts on packages to see how many calories and fat are in a serving size, and stop eating when you are no longer hungry. The golden years are not the time for extreme diets or drastic weight loss. Rapid weight loss leads to a loss of lean body mass. If you need to lose a few pounds, talk to your health provider about the best plan for you. The right balance of foods and activities could help you lose a little fat, while maintaining strong muscles and bones.