

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



**CONGREGATE MEALS – ELLIE TOWNE CENTER**

| MONDAY  | TUESDAY | WEDNESDAY  | THURSDAY | FRIDAY  |
|---|---------|--|----------|---|
|   |         |  |          | BREADED FISH FILLET 1<br>TARTAR SAUCE<br>ROASTED POTATOES<br>STEAMED SPINACH<br>PEACHES<br>OATMEAL COOKIE |
| <b>4<sup>TH</sup> OF JULY</b> 4<br>ALL CENTERS CLOSED   |         | PORK MIXED GRILL W/<br>CHIMICHURRI SC 6<br>QUINOA AND BLACK BEANS<br>SAUTEED SPINACH<br>BANANA |          | FRIED CHICKEN BREAST 8<br>HOT GERMAN<br>POTATO SALAD<br>BRAISED RED CABBAGE<br>BANANA                     |
| TURKEY TETRAZZINI 11<br>ITALIAN VELEGABLES<br>BABY SPINACH SALAD/<br>DRESSING<br>DRIED CRANBERRIES    |         | SOUTHWEST CHICKEN 13<br>SALAD<br>RANCH DRESSING<br>CORN SALAD<br>ORANGE                        |          | BEEF STROGANOFF 15<br>EGG NOODLES<br>ROASTED BRUSSELS<br>SPROUTS<br>KALE SALAD<br>BANANA                  |
| ROAST TURKEY/GRAVY 18<br>SWEET POTATOES<br>PEAS & ONIONS<br>BABY SPINACH SALAD/<br>DRESSING<br>GRAPES |         | BEEF & BEAN SALAD 20<br>CARROT-RAISIN SALAD<br>WW BREAD/BUTTER<br>PEAR CUP                     |          | CHICKEN MASALA 22<br>CAULIFLOWER RICE<br>BROCCOLI FLORETS<br>BANANA                                       |
| SLOPPY JOE 25<br>ROASTED POTATOES<br>BABY SPINACH SALAD/<br>DRESSING<br>WW BUN<br>GRAPES              |         | CHICKEN TORTELLINI 27<br>SALAD<br>5-BEAN SALAD<br>WW BREAD/BUTTER<br>MANDARIN ORANGES          |          | PORK CARNITAS 29<br>QUINOA AND BLACK BEANS<br>BRAISED RED CABBAGE<br>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.