

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
JULY 2022



HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				BBQ PULLED CHICKEN 1 MOLASSES BAKED BEANS CREAMY COLE SLAW WW BUN PEACHES
4TH OF JULY 4 NO DELIVERY HONEY MUSTARD CHICKEN ROASTED SWEET POTATOES CALIFORNIA BLEND VEGGIES PEAR CUP	ASSORTED FROZEN 5 WW BREAD/BUTTER FRUIT	POT ROAST 6 CARROTS & POTATOES CREAMY BEET ORZO BANANA	TURKEY PAPRIKASH 7 EGG NOODLES GREEN BEANS WW BREAD/BUTTER BANANA	BREADED FISH FILLET 8 TARTAR SAUCE RED ROASTED POTATOES STEAMED LEMON SPINACH APPLESAUCE OATMEAL COOKIE
MONGOLIAN BEEF 11 BROWN RICE PILAF EMPEROR BLEND VEGGIES BABY SPINACH SALAD/ DRESSING DRIED CRANBERRIES	PORK MIXED GRILL 12 CHIMICHURRI SAUCE QUINOA AND BLACK BEANS SAUTEED SPINACH APPLESAUCE	SOUTHWEST CHICKEN 13 SALAD RANCH DRESSING CORN SALAD ORANGE	SALISBURY STEAK/ GRAVY 14 MASHED POTATOES ROASTED BUTTERNUT SQUASH BANANA OATMEAL COOKIE	FRIED CHICKEN 15 BREAST HOT GERMAN POTATO SALAD BRAISED RED CABBAGE BANANA
TURKEY TETRAZZINI 18 ITALIAN VEGETABLES BABY SPINACH SALAD/ DRESSING GRAPES	CHICKEN THIGHS 19 W/GINGER SESAME SC LEMON-HERBED QUINOA ASIAN VEGETABLES APPLECRISP	BEEF & BEAN SALAD 20 CARROT-RAISIN SALAD WW BREAD/BUTTER PEAR CUP	PARMESAN BAKED POLLOCK 21 TARTAR SAUCE GREEN BEANS WW BREAD/BUTTER BANANA	BEEF STROGANOFF 22 EGG NOODLES ROASTED BRUSSELS SPROUTS WW BREAD/BUTTER BANANA
ROAST TURKEY/GRAVY 25 SWEET POTATOES PEAS & ONIONS BABY SPINACH SALAD/ DRESSING GRAPES	CHEESE OMELET 26 ROASTED POTATOES SAUTEED SPINACH ORANGE	CHICKEN TORTELLINI 27 SALAD 5-BEAN SALAD WW BREAD/BUTTER MANDARIN ORANGES	MEATLOAF 28 MASHED POTATOES/ GRAVY SUCCOTASH BANANA	CHICKEN MARSALA 29 CAULIFLOWER RICE BROCCOLI FLORETS 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 - 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	BBQ PULLED CHX	660	45	10	93	381	133	734	1356	13	20	4	9	2.73	3.62		1.4	1	1		.67
4	HONEY MUSTARD CHICKEN	680	35	18	95	364	112	608	1286	414	40	13	9	2.88	2.68		1.13	1	1	1.43	.32
5	ASSORTED FROZEN																				
6	POT ROAST	780	30	23	114	335	117	651	1518	714	18	12	9	3.04		2	1.81	1.77	1		
7	TURKEY PAPRIKASH	800	49	21	105	453	198	774	2023	91	91	11	13	3.25	3.0		1.82	1.76	1	2.07	.02
8	BREADED FISH	690	28	26	89	507	173	768	1637	711	37	685	8	1.14	2		1.37	1	1	1.3	.5
11	MONGOLIAN BEEF	860	34	23	134	421	133	891	1339	328	22	89	11	1	2.58		3.57	1	1.0	.39	.37
12	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	
13	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	
14	SALISBURY STEAK	680	31	28	87	399	97	790	1419	932	41	6	11		3		4.03	.82	1	1.34	.06
15	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
18	TURKEY TETRAZZINI	580	42	16	66	479	95	616	1272	108	30	95	8	1.19	2.5		.67	.88	1	.22	
19	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
20	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
21	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
22	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	
25	ROAST TURKEY	630	34	14	92	396	110	1007	1260	206	25	122	12	1.13	3		1.33	.88	1		
26	CHEESE OMELET	690	29	28	83	593	210	730	1946	723	94	669	11	2.62			1.79	1.02	1	2.33	
27	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
28	MEATLOAF	630	31	23	79	333	96	795	1548	11	26	6	10	.97	2.0		1.21	1.75	1.11		
29	CHICKEN MARSALA	630	41	28	56	400	169	344	1810	59	167	19	11			2.5	2.54	1.87	1	1.89	

**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 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.