

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
AUGUST 2022



CONGREGATE MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN PARMESAN 1 WW PENNE PASTA SAVORY CARROTS GRAPES	TUNA SALAD ON 2 ROMAINE LETTUCE CUCUMBER SALAD WW BREAD/BUTTER APPLESAUCE	TERIYAKI BEEF 3 LEMON-HERBED QUINOA EMPEROR BLEND VEGGIES PINEAPPLE CUP OATMEAL COOKIE	SWEET & SOUR MEATBALLS 4 BROWN RICE PILAF GREEN PEAS LEMON KALE SALAD BANANA	BBQ PULLED CHICKEN 5 MOLASSES BAKED BEANS CREAMY COLE SLAW WW BUN BANANA
HONEY MUSTARD 8 CHICKEN ROASTED SWEET POTATOES CALIFORNIA BLEND VEGETABLES MIXED FRUIT	CHEF'S SALAD 9 5-BEAN SALAD WW BREAD/BUTTER GRAPES	POT ROAST 10 CARROTS & BABY BAKERS CREAMY BEET ORZO WW BREAD/BUTTER BANANA	TURKEY PAPRIKASH 11 EGG NOODLES GREEN BEANS CARROT-RAISIN SALAD BANANA	BREADED FISH FILLET 12 TARTAR SC ROASTED POTATOES STEAMED SPINACH PEACHES OATMEAL COOKIE
MONGOLIAN BEEF 15 BROWN RICE PILAF BABY SPINACH SALAD/ DRESSING PEAR CUP	KALE CHICKEN SALAD 16 BEET AND MOZARELLA SALAD GRAPES	PORK MIXED GRILL 17 W/CHIMICHURRI SC QUINOA AND BLACK BEANS SAUTEED SPINACH BANANA	SALISBURY STEAK/GRAVY 18 MASHED POTATOES ROASTED BUTTERNUT SQUASH APPLESAUCE OATMEAL COOKIE	FRIED CHICKEN BREAST 19 HOT GERMAN POTATO SALAD BRAISED RED CABBAGE BANANA
TURKEY TETRAZZINI 22 ITALIAN VEGETABLES BABY SPINACH SALAD/ DRESSING GRAPES	SOUTHWEST CHICKEN 23 SALAD RANCH DRESSING CORN SALAD ORANGE	PARMESAN BAKED 24 POLLOCK/TARTAR SC SWEET POTATOES GREEN BEANS WW BREAD/BUTTER BANANA	CHICKEN THIGHS W/ 25 GINGER SESAME SC LEMON-HERBED QUINOA ASIAN BLEND VEGGIES APPLE CRISP	BEEF STROGANOFF 26 EGG NOODLES ROASTED BRUSSELS SPROUTS LEMON KALE SALAD BANANA
ROAST TURKEY/GRAVY 29 SWEET POTATOES PEAS & ONIONS BABY SPINACH SALAD/ DRESSING GRAPES	BEEF & BEAN SALAD 30 CARROT-RAISIN SALAD WW BREAD/BUTTER PEAR CUP	MEATLOAF 31 MASHED POTATOES/ GRAVY SUCCOTASH 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
AUGUST 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 RAE)	Vit C (mg)	Vit K (mcg)	Fiber (gm)	Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
1	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
2	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
3	TERIYAKI BEEF	620	36	16	84	349	110	609	1003	7	15	2	8	1.31	2.5		2.69	.95	1		
4	SWEET & SOUR MEATBALLS	740	44	24	90	600	186	813	1777	565	124	558	12	2.22	.51	.62	2.27	1.78	1.04	1.42	
5	BBQ PULLED CHICKEN	780	47	15	115	430	177	862	1943	34	50	77	14	2.73	3.62		2.26	1.75	1	1.37	.78
8	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
9	CHEF'S SALAD	880	45	42	82	407	121	957	1344	270	17	41	9	1.89	3.03	1.01	.5	1.75	1	2.34	
10	POT ROAST	800	34	28	100	350	92	734	1423	718	13	34	8	3.04		3.	1.81	.91	1		
11	TURKEY PAPRIKASH	680	45	15	95	454	183	680	2201	541	94	34	13	1.87	2.5		2.71	2.26	1	1.78	.2
12	BREADED FISH	690	28	26	89	507	173	768	1637	711	37	685	8	1.14	2		1.37	1	1	1.3	.5
15	MONGOLAN BEEF	860	34	23	134	421	133	891	1339	328	22	89	11	1	2.5		3.57	1	1	.39	.37
16	KALE CHICKEN SALAD	730	43	29	58	443	60	839	1816	53	34	46	8	.66	4.2		1.7	2.07	1	29	58
17	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	
18	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
19	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
22	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	
23	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	
24	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
25	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
26	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	
29	ROAST TURKEY	630	34	14	92	396	110	1007	1260	206	25	122	12	1.13	3		1.33	.88	1		
30	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
31	MEATLOAF	630	31	23	79	333	96	795	1548	11	26	6	10	.97	2.0		1.21	1.75	1.11		

Stay Hydrated

Linda Rumsey, MS,RDN

As we get older the water in our body decreases and the risk for dehydration increases. Dehydration has been associated with increased mortality and can cause emergency hospitalization and increase the risk of repeated stays in the hospital. Dehydration can impair cognition, increase the risk of falling and cause constipation. In addition, the elderly often experience diminished thirst sensation which leads to reduced fluid consumption. To complicate the issue, fluid retention can be impeded by physical limitations, disease-related factors, or use of laxatives or diuretics. Warm temperatures here in the desert increase the challenge to stay hydrated. An easy measure to determine if you are hydrated is the color of your urine; it should be very pale yellow. If it is the color of apple juice or tea you most likely are dehydrated. You can stay hydrated throughout the day by drinking water and other fluids, as well as eating foods that are hydrating. Drink a glass of water when you take your medications, after each bathroom visit, and before each meal. Fruits are an excellent source of water. Watermelon, oranges cantaloupe and honeydew melon and grapefruit are good choices. Coffee and tea also count in your tally. Once thought to be dehydrating we now know that the diuretic effect of caffeinated beverages does not offset hydration. Vegetables, though not as full of water as fruit, can provide a nutrient-rich water source. Stick with celery, cucumbers, tomatoes, green peppers and romaine lettuce. Alcohol is a huge dehydrator, so limit your intake. Set your daily hydration goals and work to achieve them. Staying hydrated is essential to the smooth operation of your body, so get started now.