

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
AUGUST 2022



HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SLOPPY JOE 1 ROASTED POTATOES WW BUN GRAPES	PORK CARNITAS 2 QUINOA AND BLACK BEANS BRAISED RED CABBAGE APPLESAUCE	TUNA SALAD ON 3 ROMAINE LETTUCE CUCUMBER SALAD WW BREAD/BUTTER BANANA	BEEF STEW W/CARROTS 4 & POTATOES ROASTED BUTTERNUT SQUASH CORN MUFFIN/BUTTER PINEAPPLE CUP	LASAGNA ROLL-UPS 5 W/MEAT MARINARA SAUTEED SPINACH PEACH CRISP
CHICKEN PARMESAN 8 PENNE PASTA SAVORY CARROTS GRAPES	TERIYAKI BEEF 9 LEMON-HERBED QUINOA EMPEROR BLEND VEGGIES PEAR CUP OATMEAL COOKIE	CHEF'S SALAD 10 5-BEAN SALAD WW BREAD/BUTTER BANANA	SWEET & SOUR MEATBALLS 11 BROWN RICE PILAF GREEN PEAS CARROT-RAISIN SALAD BANANA	BBQ PULLED CHICKEN 12 MOLASSES BAKED BEANS CREAMY COLE SLAW WW BUN PEACHES
HONEY MUSTARD CHICKEN 15 ROASTED SWEET POTATOES CALIFORNIA BLEND VEGETABLES PEAR CUP	BREADED FISH FILLET 16 TARTAR SAUCE RED ROASTED POTATOES STEAMED LEMON SPINACH APPLESAUCE OATMEAL COOKIE	KALE CHICKEN SALAD 17 BEET AND MOZZERELLA SALAD GRAPES	POT ROAST 18 CARROTS & BABY BAKERS CREAMY BEET ORZO BANANA	TURKEY PAPRIKASH 19 EGG NOODLES GREEN BEANS CARROT-RAISIN SALAD BANANA
MONGOLIAN BEEF 22 BROWN RICE PILAF EMPEROR BLEND VEGGIES BABY SPINACH SALAD/ DRESSING DRIED CRANBERRIES	PORK MIXED GRILL 23 CHIMICHURRI SAUCE QUINOA AND BLACK BEANS SAUTEED SPINACH APPLESAUCE	SOUTHWEST CHICKEN 24 SALAD RANCH DRESSING CORN SALAD ORANGE	SALISBURY STEAK/ 25 GRAVY MASHED POTATOES ROASTED BUTTERNUT SQUASH BANANA OATMEAL COOKIE	FRIED CHICKEN 26 BREAST HOT GERMAN POTATO SALAD BRAISED RED CABBAGE BANANA
TURKEY TETRAZZINI 29 ITALIAN VEGETABLES BABY SPINACH SALAD/ DRESSING GRAPES	CHICKEN THIGHS W/ 30 GINGER SESAME SC LEMON-HERBED QUINOA ASIAN BLEND VEGETABLES APPLE CRISP	BEEF & BEAN SALAD 31 CARROT-RAISIN SALAD WW BREAD/BUTTER PEAR CUP		

** 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 - 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)	Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
1	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
2	PORK CARNITAS	560	31	12	83	362	84	477	1095	2	34	2	11	.84		2.14	2.29	1.25	1		.91
3	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
4	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
5	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
8	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
9	TERIYAKI BEEF	620	36	16	85	345	104	613	1003	5	21	2	9	1.31	2.4		2.69	1.04	1		
10	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	
11	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
12	BBQ PULLED CHX	660	45	10	93	381	133	734	1356	13	20	4	9	2.73	3.62		1.4	1	1		.67
15	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
16	BREADED FISH	690	28	26	89	507	173	768	1637	711	37	685	8	1.14	2		1.37	1	1	1.3	.5
17	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
18	POT ROAST	780	30	23	114	335	117	651	1518	714	18	12	9	3.04		2	1.81	1.77	1		
19	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
22	MONGOLIAN BEEF	860	34	23	134	421	133	891	1339	328	22	89	11	1	2.58		3.57	1	1.0	.39	.37
23	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	
24	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	
25	SALISBURY STEAK	680	31	28	87	399	97	790	1419	932	41	6	11		3		4.03	.82	1	1.34	.06
26	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
29	TURKEY TETRAZZINI	580	42	16	66	479	95	616	1272	108	30	95	8	1.19	2.5		.67	.88	1	.22	
30	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
31	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

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.