

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
SEPTEMBER 2022

HOME DELIVERED MEALS



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | | | PARMESAN BAKED POLLOCK 1 TARTAR SC GREEN BEANS WW BREAD/BUTTER BANANA | BEEF STROGANOFF 2 EGG NOODLES ROASTED BRUSSELS SPROUTS WW BREAD/BUTTER BANANA |
| LABOR DAY 5 NO DELIVERY ROAST TURKEY/GRAVY SWEET POTATOES PEAS & ONIONS BABY SPINACH SALAD/ DRESSING GRAPES | ASSORTED FROZEN 6 WW BREAD/BUTTER FRUIT | MEATLOAF 7 MASHED POTATOES/ GRAVY SUCCOTASH BANANA | CHEESE OMELET 8 ROASTED POTATOES SAUTEED SPINACH ORANGE | CHICKEN MARSALA 9 BROWN RICE BROCCOLI FLORETS BANANA |
| SLOPPY JOE 12 ROASTED POTATOES WW BUN GRAPES | PORK CARNITAS 13 QUINOA AND BLACK BEANS BRAISED RED CABBAGE APPLESAUCE | TUNA SALAD ON ROMAINE 14 LETTUCE CUCUMBER SALAD WW BREAD/BUTTER BANANA | BEEF STEW W/CARROTS 15 & POTATOES ROASTED BUTTERNUT SQUASH CORN MUFFIN/BUTTER PINEAPPLE CUP | LASAGNA ROLL-UPS 16 W/MEAT MARINARA SAUTEED SPINACH PEACH CRISP |
| CHICKEN PARMESAN 19 PENNE PASTA SAVORY CARROTS GRAPES | TERIYAKI BEEF 20 LEMON-HERBED QUINOA EMPEROR BLEND VEGGIES PEAR CUP OATMEAL COOKIE | CHEF'S SALAD 21 5-BEAN SALAD WW BREAD/BUTTER BANANA | SWEET & SOUR MEATBALLS 22 BROWN RICE PILAF GREEN PEAS CARROT-RAISIN SALAD BANANA | BBQ PULLED CHICKEN 23 MOLASSAS BAKED BEANS CREAMY COLE SLAW WW BUN PEACHES |
| HONEY-MUSTARD CHICKEN 26 ROASTED SWEET POTATOES CALIFORNIA BLEND VEGGIES MIXED FRUIT | BEEF TIPS W/ 27 MUSHROOM GRAVY BEET ORZO SAVORY CARROTS BANANA | KALE CHICKEN SALAD 28 BEET AND MOZZARELLA SALAD GRAPES | TURKEY PAPRIKASH 29 EGG NOODLES GREEN BEANS CARROT-RAISIN SALAD BANANA | BREADED FISH FILET 30 TARTAR SC ROASTED POTATOES STEAMED SPINACH PEACHES OATMEAL COOKIE |

** ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK** EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED

** NUTRITIONAL INFORMATION ON THE BACK OF THIS MENU

THE FRUIT MAY DIFFER BASED ON AVAILABILITY

ALL MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY

-THANK YOU FOR YOUR DONATIONS. THEY HELP US STRETCH-H-H-H OUR SERVICES!!

NUTRITIONAL INFORMATION
SEPTEMBER 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 | 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 |
| 2 | 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 | |
| 5 | ROAST TURKEY | 630 | 34 | 14 | 92 | 396 | 110 | 1007 | 1260 | 206 | 25 | 122 | 12 | 1.13 | 3 | | 1.33 | .88 | 1 | | |
| 6 | ASSORTED FROZEN | | | | | | | | | | | | | | | | | | | | |
| 7 | MEATLOAF | 630 | 31 | 23 | 79 | 333 | 96 | 795 | 1548 | 11 | 26 | 6 | 10 | .97 | 2.0 | | 1.21 | 1.75 | 1.11 | | |
| 8 | CHEESE OMELET | 690 | 29 | 28 | 83 | 593 | 210 | 730 | 1946 | 723 | 94 | 669 | 11 | 2.62 | | | 1.79 | 1.02 | 1 | 2.33 | |
| 9 | CHICKEN MARSALA | 680 | 41 | 28 | 67 | 387 | 187 | 327 | 1680 | 59 | 131 | 6 | 9 | .89 | | 2.5 | 1.68 | 1.87 | 1 | 1.89 | |
| 12 | 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 |
| 13 | PORK CARNITAS | 560 | 31 | 12 | 83 | 362 | 84 | 477 | 1095 | 2 | 34 | 2 | 11 | .84 | | 2.14 | 2.29 | 1.25 | 1 | | .91 |
| 14 | 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 |
| 15 | 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 |
| 16 | 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 |
| 19 | 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 |
| 20 | TERIYAKI BEEF | 620 | 36 | 16 | 85 | 345 | 104 | 613 | 1003 | 5 | 21 | 2 | 9 | 1.31 | 2.4 | | 2.69 | 1.04 | 1 | | |
| 21 | 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 | |
| 22 | 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 |
| 23 | BBQ PULLED CHX | 660 | 45 | 10 | 93 | 381 | 133 | 734 | 1356 | 13 | 20 | 4 | 9 | 2.73 | 3.62 | | 1.4 | 1 | 1 | | .67 |
| 26 | 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 |
| 27 | BEEF TIPS | 750 | 39 | 17 | 110 | 374 | 107 | 558 | 1788 | 1077 | 22 | 19 | 10 | 3.04 | 3.25 | | 3.27 | 1.77 | 1 | .25 | |
| 28 | 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 |
| 29 | 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 |
| 30 | BREADED FISH | 690 | 28 | 26 | 89 | 507 | 173 | 768 | 1637 | 711 | 37 | 685 | 8 | 1.14 | 2 | | 1.37 | 1 | 1 | 1.3 | .5 |

SNACKING FOR SENIORS
Linda Rumsey, MS, RDN

Snacking was once considered by some to be an unhealthy habit. If snacking is defined as eating unlimited amounts of junk food, then that would be true. However, if you consider snacking as a way to keep your blood sugar balanced and a way to increase your nutrient consumption in the face of a decreased appetite, then bring it on. Snacking, or “mini meals”, should be balanced and healthy and the calories should not exceed your needs when added to the calories of your daily meals. The general guideline when planning a snack would be to include a complex carbohydrate, lean protein, and healthy fat. An example of this would be an apple and low-fat mozzarella cheese stick. You can never go wrong with cut up veggies. Add a few whole grain crackers and two tablespoons of hummus and you have a balanced snack. Nuts also make an excellent snack but remember that they are high in fat. Good fat still is high in calories so don't eat them out of a bag or can. Sprinkle some toasted walnuts on the top of a low-fat yogurt. Celery sticks stuffed with one tablespoon of “natural” peanut butter or cherry tomatoes in a cup of low-fat cottage cheese can also provide a satisfying and healthy snack. Try three cups of air-popped popcorn sprayed with extra virgin olive oil and mixed with two tablespoons of Parmesan cheese for a super good treat. As you can see, there are a lot of healthy combinations that can add to your energy input for the day. With a little bit of planning and a desire to eat healthier you can significantly improve your nutrient intake. So, happy snacking!