

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
MARCH 2023



CONGREGATE MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BEEF STROGANOFF 1 EGG NOODLES BRUSSELS SPROUTS BABY SPINACH SALAD/ DRESSING BANANA	SHEPHERD'S PIE 2 GREEN BEANS WW BREAD/BUTTER PEACH CUP	SPICED PUMPKIN SOUP 3 SPINACH/TOMATO/ CHICKPEA BLEND GREEN SALAD/DRESSING CORN MUFFIN/BUTTER DRIED CRANBERRIES
LASAGNA ROLL-UPS / 6 MEAT MARINARA SC SAUTEED SPINACH PEACH CRISP	CHICKEN AND DUMPLING 7 SOUP DICED BEETS WW BREAD/BUTTER MANDARIN ORANGES	TURKEY TETRAZZINI 8 CAPRI VEGETABLES CARROT/RAISIN SALAD PEAR CUP SUGAR-FREE PUDDING	BEEF STEW W/ 9 CARROTS & POTATOES BRUSSELS SPROUTS CORN MUFFIN/BUTTER BANANA	PARMESAN BAKED 10 POLLOCK/TARTAR SC ORANGE/ALMOND COUSCOUS GREEN BEANS BANANA
SWEET & SOUR MEATBALLS 13 BROWN RICE ASIAN VEGETABLES WW BREAD/BUTTER PEAR CUP	PORK CARNITAS 14 QUINOA AND BLACK BEANS MIXED VEGETABLES PEACH CUP OATMEAL COOKIE	FRIED CHICKEN 15 HOT GERMAN POTATO SALAD BROCCOLI/CAULIFLOWER PINEAPPLE/MANGO SALAD	TURKEY TORTELLINI 16 ALFREDO SAVORY CARROTS GREEN SALAD/DRESSING BANANA	CHEESE OMELET 17 ROASTED POTATOES SAUTEED SPINACH WW BREAD/BUTTER ORANGE
BRAISED LEAN PORK W/ 20 CHIMICHURRI ROASTED POTATOES CAPRI VEGETABLES WW BREAD/BUTTER PINEAPPLE CUP	CHILI CON CARNE 21 STEAMED CARROTS CORN MUFFIN/BUTTER APPLESAUCE	MONGOLIAN BEEF 22 CAULIFLOWER RICE ASIAN BLEND VEGGIES BANANA	CHICKEN PARMESAN 23 WW PASTA GREEN BEANS BABY SPINACH SALAD/ DRESSING MIXED FRUIT CUP	CHEESE ENCHILADAS 24 W/PINTO BEANS GREEN SALAD/DRESSING CHUCKWAGON CORN BANANA
TURKEY PAPRIKASH 27 EGG NOODLES GREEN BEANS WW BREAD/BUTTER PEACH CUP	CHICKEN TORTILLA SOUP 28 ROASTED ROOT VEGETABLES CORN MUFFIN/BUTTER ORANGE	SALISBURY STEAK W/ 29 MUSHROOM GRAVY MASHED POTATOES BRUSSELS SPROUTS WW BREAD/BUTTER ROSY PEARS	MAC & CHEESE W/ 30 CHICKEN BRAISED CABBAGE GREEN SALAD/DRESSING MANDARIN ORANGES	BREADED POLLOCK 31 TARTAR SC ROASTED POTATOES STEAMED SPINACH PEACH CUP 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

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
MARCH 2023 – CONGREGATE MEALS**

Diabetic Exchanges

Day	ENTRÉE	Cal (kcal)	Pro (gm)	Fat (gm)	Carb (g)	Calc (mg)	Mag (mg)	Sod-ium (mg)	Pot (mg)	Vit A (mcg_R AE)	Vit C (mg)	Vit K (mcg)	Fiber (gm)	Star-ch	Lean Meat	Med Fat Meat	Veg	Fru-it	Low Fat Milk	Fats	Other Carbs
1	BEEF STROGANOFF	800	39	36	83	432	140	363	1721	173	106	74	11	1.38	3.5		3.17	1.75	1	1.55	
2	SHEPHERD'S PIE	750	38	34	68	509	109	1004	1474	46	30	25	8	1.63		3.69	.91	.88	1	1	
3	SPICED PUMPKIN SOUP	770	21	23	73	547	139	634	1317	343	31	246	13		.34		3.62	1.88	1	1.79	
6	LASAGNE ROLL-UPS	760	43	26	93	501	185	606	1699	955	147	667	10	1.64	2.72		1.37	.6	1.5	1.56	1.04
7	CHICKEN&DUMPLING SOUP	660	38	14	100	508	82	1018	1225	49	41	0	15	1.38	2.06		2.48	.7	1	1	
8	TURKEY TETRAZZINI	690	42	16	75	439	78	776	1360	471	20	25	12	1.28	2.4		1.94	1.65	1	.93	1.18
9	BEEF STEW	800	35	25	65	404	109	481	1777	194	106	6	11	.36	2.4		3.5	1.75	1	1.58	.02
10	PARM BAKED POLLOCK	830	40	22	121	551	163	808	1681	485	33	105	14	3.98	2.70		1.71	1.93	1	.79	.21
13	SWEET & SOUR MEATBALLS	720	41	22	71	418	140	890	1380	114	20	54	11	2.65		.62	1.26	1.16	1.04	1.09	
14	PORK CARNITAS	620	34	16	83	370	102	544	1180	196	21	23	11	.84		2.34	3.14	1	1		
15	FRIED CHICKEN	560	34	21	79	344	80	856	1476	46	91	6	8	1.04	2		1.32	.69	1	.81	.58
16	TURKEY TORTELLINI	860	50	26	108	905	151	936	1800	1508	44	337	14	2.38	4.6		3.87	1.75	1	.86	
17	CHEESE OMELET	640	29	25	78	593	210	730	1946	723	94	669	12	2.62			1.79	1.02	1	2.33	
20	BRAISED PORK	710	41	28	60	377	93	546	1793	7	45	16	10	2.42	4.64		1.73	.88	1	2.96	
21	CHILI CON CARNE	740	30	25	52	427	79	579	1326	682	61	17	9	.87	2.72		3.13	.82	1	1	.02
22	MONGOLIAN BEEF	700	30	16	110	365	93	750	1538	249	24	16	8	.14	2.2		3.52	1	1	.39	.37
23	CHICKEN PARMESAN	900	38	25	130	464	84	791	1590	377	31	73	16	4.2	2.32		1.33	1	1	25	
24	CHEESE ENCHILADAS	630	23	15	101	363	87	884	1469	60	36	13	13	3.61		.66	1.06	1.75	1		
27	TURKEY PAPRIKASH	630	36	18	82	391	391	639	1187	51	35	2	9	3.21	2.5		.33	1.02	1	1.92	.01
28	CHX TORTILLA SOUP	810	37	23	66	467	113	743	1643	35	68	5	12	1.15	2.96		2.23	.99	1	1.27	.01
29	SALISBURY STEAK	690	37	25	86	369	84	759	1388	35	89	1	15	1.38	3		2.74	1.3	1	1.58	.06
30	MAC & CHEESE	830	42	33	93	890	111	810	1558	105	66	12	11	1.21	1.06	.5	2.58	1.08	1		.91
31	BREADED FISH	660	27	23	85	499	145	645	1512	707	28	667	8	.94	2		1.79	1	1	1.33	.5

FABULOUS FIBER
Linda Rumsey, MS, RDN

Why is fiber important in our diet? A fiber-rich diet can help lower blood cholesterol levels, promote healthy bacteria in the intestine, and prevent constipation, hemorrhoids, diverticulosis, irritable bowel syndrome and possibly colon cancer. It may also help improve blood sugar levels and prevent diabetes. Dietary fiber may also help maintain a healthy weight by providing more satisfaction after a meal, which may aid in decreased food intake later. Most Americans consume 14 grams of fiber per day. The current recommended intake level for adults over 50 is 30 grams for men and 21 grams for women. Plant foods contain fiber and refined or processed foods contain little fiber. Sources of fiber include whole grains, legumes, fruits, and vegetables. Shoot for 2 cups of fruit and 2.5 cups of vegetables per day. Add beans to salads, sandwich wraps and soups. Replace refined grains with whole wheat bread, brown rice, whole-grain cereals and oatmeal. Look at labels when shopping and aim for 5 grams of fiber per serving. Add wheat bran or ground flax seed to oatmeal, yogurt, or applesauce. Gradually add more fiber to your diet to minimize side effects such as bloating, gas, diarrhea and constipation. Make sure to drink lots of fluids to help the digestion of the added fiber.