

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
MARCH 2023



HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BBQ RIB PATTY 1 MOLASSAS BAKED BEANS ROASTED BUTTERNUT SQUASH WW BREAD/BUTTER BANANA	SLOPPY JOE 2 ROASTED POTATOES BABY SPINACH SALAD/ DRESSING WW BUN PEAR CUP	BEEF TIPS W/ BROWN ONION GRAVY LEMON-HERBED QUINOA SAVORY CARROTS BANANA CHOCOLATE CHIP COOKIE 3
CHICKEN MARSALA 6 CAULIFLOWER RICE 5-WAY MIXED VEGETABLE WW BREAD/BUTTER APPLESAUCE	HONEY MUSTARD CHICKEN 7 SWEET POTATOES PEAS & ONIONS WW BREAD/BUTTER MIXED FRUIT CUP	BEAN AND CHEESE 8 STUFFED TORTILLA SPANISH RICE CALABACITAS BANANA	BEEF STROGANOFF 9 EGG NOODLES BRUSSELS SPROUTS CARROT/RAISIN SALAD BANANA	SHEPHERD'S PIE 10 GREEN BEANS WW BREAD/BUTTER PEACH CUP
LASAGNA ROLL-UPS 13 W/MEAT MARINARA SC SAUTEED SPINACH PEACH CRISP	CHICKEN AND DUMPLING 14 SOUP DICED BEETS WW BREAD/BUTTER MANDARIN ORANGES	TURKEY TETRAZZINI 15 CAPRI VEGETABLES GREEN SALAD/DRESSING PEAR CUP SUGAR-FREE PUDDING	BEEF STEW 16 CARROTS & POTATOES BRUSSELS SPROUTS CORN MUFFIN/BUTTER BANANA	SPICED PUMPKIN SOUP 17 SPINACH/TOMATO/ CHICKPEA BLEND CORN MUFFIN/BUTTER DRIED CRANBERRIES
SWEET & SOUR 20 MEATBALLS BROWN RICE ASIAN VEGETABLES WW BREAD/BUTTER PEAR CUP	PORK CARNITAS 21 QUINOA AND BLACK BEANS MIXED VEGETABLES PEACH CUP OATMEAL COOKIE	PARMESAN BAKED 22 POLLOCK/TARTAR SC ORANGE/ALMOND COUSCOUS GREEN BEANS BANANA	FRIED CHICKEN 23 HOT GERMAN POTATO SALAD BROCCOLI/CAULIFLOWER PINEAPPLE CUPS	TURKEY TORTELLINI 24 ALFREDO SAVORY CARROTS GREEN SALAD/DRESSING BANANA
CHEESE OMELET 27 ROASTED POTATOES SAUTEED SPINACH WW BREAD/BUTTER ORANGE	BRAISED LEAN PORK W/ CHIMICHURRI 28 ROASTED POTATOES CAPRI VEGETABLES WW BREAD/BUTTER PINEAPPLE CUP	CHILI CON CARNE 29 STEAMED CARROTS CORN MUFFIN/BUTTER APPLESAUCE	MONGOLIAN BEEF 30 CAULIFLOWER RICE ASIAN BLEND VEGGIES BANANA	CHICKEN PARMESAN 31 WW PASTA GREEN BEANS GREEN SALAD/DRESSING MIXED FRUIT 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
MARCH 2023 -HOME DELIVERED 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	BBQ RIB PATTY	780	33	27	117	519	204	954	2088	1153	59	8	15	2.15	2		4.3	1.75	1	1.89	.52
2	SLOPPY JOE	740	34	26	75	385	88	782	1712	123	21	80	11	2.61	2.36		1.43	.88	1	1.45	.31
3	BEEF TIPS W/GRAVY	700	20	18	118	378	139	575	1668	1075	26	18	11	1.31	2.75		3.55	1.79	1		.25
6	CHICKEN MARSALA	750	43	34	68	372	85	682	1204	19	49	6	10	1.38		2.5	2.35	1.01	1		2.89
7	HONEY MUSTARD CHICKEN	670	38	15	98	353	108	625	1102	101	25	22	10	3.89	2.68			1	1	1.43	.32
8	STUFFED TORTILLA	690	29	19	101	469	112	835	1127	85	29	10	10	3.12		1.57	1.48	1.75	1		.03
9	BEEF STROGANOFF	810	38	33	92	413	113	418	1727	544	102	24	11	1.38	3.5		3.72	2.24	1	2.26	.18
10	SHEPHERD'S PIE	750	38	34	68	509	109	1004	1474	46	30	25	8	1.63		3.69	.91	.88	1	1	
13	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
14	CHICKEN&DUMPLING SOUP	660	38	14	100	508	82	1018	1225	49	41	0	15	1.38	2.06		2.48	.7	1	1	
15	TURKEY TETRAZZINI	680	44	15	72	461	88	727	1471	77	34	14	13	1.28	2.25		2.12	1.16	1	.22	1
16	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
17	SPICED PUMPKIN SOUP	680	18	21	60	501	121	492	949	287	25	234	10		.34		2.55	1.88	1.13	1.79	
20	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	
21	PORK CARNITAS	620	34	16	83	370	102	544	1180	196	21	23	11	.84		2.34	3.14	1	1		
22	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
23	FRIED CHICKEN	610	33	21	74	339	75	870	1390	18	84	4	8	1.04	2		1.32	1.5	1	.81	.15
24	TURKEY TORTELLINI	860	50	26	108	905	151	936	1800	1508	44	337	14	2.38	4.6		3.87	1.75	1	.86	
27	CHEESE OMELET	640	29	25	78	593	210	730	1946	723	94	669	12	2.62			1.79	1.02	1	2.33	
28	BRAISED PORK	710	41	28	60	377	93	546	1793	7	45	16	10	2.42	4.64		1.73	.88	1	2.96	
29	CHILI CON CARNE	740	30	25	52	427	79	579	1326	682	61	17	9	.87	2.72		3.13	.82	1	1	.02
30	MONGOLIAN BEEF	700	30	16	110	365	93	750	1538	249	24	16	8	.14	2.2		3.52	1	1	.39	.37
31	CHICKEN PARMESAN	900	39	17	136	468	67	800	1706	354	48	13	17	4.2	2.0	.32	1.06	1	1		.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.