

CATHOLIC COMMUNITY SERVICES - TUCSON

140 W. Speedway, Ste 130
Tucson, AZ 85705
624-1562

JULY 2018
CONGREGATE MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HUNGARIAN GOULASH OVER EGG NOODLES KALE W/TOMATOES DINNER ROLL/Butter CANTALOUPE CUBES 2	CHEESE BURGERS POTATO SALAD LETTUCE/TOMATO WW BUN CHERRY CRISP Mustard/Mayo 3	4 th OF JULY ALL CENTERS CLOSED 4	FISH TACOS CORN TORTILLAS(2) Pico de Gallo PINTO BEANS COLE SLAW PEACHES 5	SALISBURY STEAK GRAVY & MUSHROOMS MASHED POTATOES HARVARD BEETS APRICOTS 6
CHICKEN MARSALA CAULIFLOWER RICE GREEN BEANS MANDARIN ORANGES APRICOT BAR 9	BEAN & CHEESE BURRO Pico de Gallo SPANISH RICE GREEN SALAD/Dressing PLUMS 10	SOUTHWEST CHICKEN SALAD W/TORTILLA STRIPS BROCCOLI SALAD SEASONAL FRUIT 11	SLOPPY JOE ROASTED POTATOES SPINACH SALAD/Dressing WW BUN CINNAMON APPLESAUCE 12	LEMON BAKED COD W/CREAMY DILL SC MASHED YAMS ROASTED CHERRY TOMATOES WHOLE WHEAT BREAD/Butter PEARS 13
CHICKEN THIGHS W/ GINGER GLAZE BROWN BASMATI RICE BOK CHOY PEACH CRUMBLE 16	SWEDISH MEATBALLS WW PASTA CALIFORNIA BLEND VEGGIES GREEN SALAD/Dressing BANANA 17	CHEESY CHICKEN RICE BAKE CUBAN BLACK BEANS SWEET & SOUR CABBAGE SEASONAL FRUIT 18	ASIAN TURKEY LETTUCE WRAPS ASIAN BLEND VEGGIES APPLE-CRANBERRY CRISP 19	BREADED VEAL PATTY MASHED POTATOES/GRAVY ROASTED BUTTERNUT SQUASH ROSY PEARS 20
MEDITERRANEAN BEEF LEMON-HERBED QUINOA SAVORY CARROTS MANGO/PINEAPPLE SALAD OATMEAL COOKIE 23	BBQ CHICKEN GARLIC ROASTED POTATOES 5-BEAN SALAD PEACHES 24	MEATLOAF MASHED POTATOES/GRAVY SUCCOTASH APRICOTS BIRTHDAY CUPCAKE 25	LASAGNA ROLLS W/MEAT MARINARA SC ROASTED CAULIFLOWER GREEN SALAD/Dressing BANANA 26	PARMESAN BAKED FISH BROWN RICE PILAF KALE W/TOMATOES MANDARIN ORANGES 27
BEEF STEW W/ POTATOES & CARROTS HARVARD BEETS DINNER ROLL/Butter PEARS 30	MEATBALLS W/MARINARA SC WHOLE WHEAT PASTA GREEN BEANS GARLIC BREAD CANTALOUPE CUBES 31			

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

** NUTRITIONAL INFORMATION IS AVAILABLE FOR THESE MEALS UPON REQUEST

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

**NUTRITIONAL INFORMATION
JULY 2018 - 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)	B6 (mg)	B12 (mcg)	Fiber (gm)	Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
2	HUNGARIAN GOULASH	720	51	20	88	530	103	802	980	666	134	1	2	10	3.23	3.86		2.69	.44	1.0	1.87	.77
3	CHEESE BURGERS	1050	46	46	114	541	66	816	1004	162	5	1	4	8	1.97	3.2	1.14	.22	1.58	1	.35	1.39
5	FISH TACOS	550	32	12	81	378	98	540	1130	36	92	1	1	10	1.41	2		1.35	.64	1	.35	1.19
6	SALISBURY STEAK	700	29	21	98	372	77	543	1092	194	61	1	1	11	1.08	3		2.21	1.46	1	1.12	.65
9	CHICKEN MARSALA	580	36	16	75	380	94	440	1475	89	121	1	1	8	.99	2.79		1.35	1.14	1	2.44	1.06
10	BEAN & CHEESE BURRO	670	26	20	98	614	97	856	1183	173	47	1	1	10	2.54			2.25	1.22	1	.03	
11	SOUTHWEST CHICKEN SALAD	800	41	25	103	466	115	537	1364	329	84	1	1	13	.82	3.34		1.72	2.45	1	1.04	.59
12	SLOPPY JOE	790	37	23	111	398	120	773	1831	119	35	1	3	12	3.38	2.59		1.61	1.22	1	1.82	.78
13	LEMON BAKED COD	750	37	26	94	453	147	497	1808	1096	38	1	2	11	2.93	2.65		.83	.24	1	3.78	.55
16	CHICKEN THIGHS	720	40	21	102	504	274	492	1673	63	62	1	2	11	3.04	3.88		1.44	1	1	2.02	1.15
17	SWEDISH MEATBALLS	720	52	17	94	555	154	540	2202	538	78	2	3	13	1.76	1.89		2.22	2.01	1.36	.23	.01
18	CHEESY CHICKEN RICE BAKE	780	48	23	97	673	184	497	1758	211	109	1	2	13	2.67	2.99	1.06	2.09	.98	1	1.13	.91
19	ASIAN TURKEY WRAPS	570	35	14	79	424	103	403	1676	1148	159	1	1	13	.36	2.67		4.28	.83	1	1.56	1.67
20	BREADED VEAL PATTY	660	29	15	98	408	90	314	1041	934	85	1	1	8	.89	3.18		1	1	1	.89	.07
23	MEDITERRANEAN BEEF	740	41	26	92	449	169	584	1907	1112	53	1	4	14	1.32		4	5.2	.6	1	.59	.45
24	BBQ CHICKEN	750	35	31	79	357	103	397	1288	32	38	1	2	8	2.07		3.19	.03	1.5	1	1.86	.04
25	MEATLOAF	868	36	26	117	439	112	522	1395	138	70	1	3	10	2.11	2.47	.08	.6	.98	1.05	2.76	2.38
26	LASAGNA ROLLS	620	32	17	93	398	109	685	2043	70	145	1	2	15	.5	.91		2.6	2.01	1.5	.11	
27	PARMESAN BAKED FISH	730	48	20	92	592	177	661	1443	441	114	1	3	9	2.98	3.11	.76	2.75	1.33	1	1.52	.06
30	BEEF STEW	610	36	19	78	364	84	516	1230	224	17	1	4	10	1.56	2.4		3.17	.82	1	1.88	.56
31	MEATBALLS/MARINARA SC	750	44	25	91	500	75	588	1629	355	56	1	4	12	2.53	2.9	.16	.55	.65	1.32	1.61	.23

Fruits and Vegetables!
Linda Rumsey, MS, RDN

Fruits and vegetables are nutrition gold. They provide vitamins, minerals, fiber and phytochemicals that may protect against cancer, heart disease, stroke and other health problems. Most adults need somewhere between seven and thirteen cups of produce a day to maximize all the available benefits. Striving to consume all the colors assures getting a variety of valuable nutrients. Try sweet potatoes and cantaloupe, leafy dark greens like spinach and kale, red grapes and beets, and cauliflower and jicama to balance your color wheel. Your nutrition meal provides at least two cups of fruit and vegetables daily. Build on that by keeping fruit and vegetables in your freezer as often frozen produce can be even more nutritious than fresh. Supplement this with dried fruits like raisins, raisins and apricots. Add fruit to your breakfast cereal or yogurt. Snack on carrots, celery or peppers. Eat a piece of fruit or bowl of berries for dessert. Add vegetables to prepared soups, sauces and frozen meals. When you have a choice, choose the foods that will nourish your body and protect your health!