

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES

JANUARY 2019
CONGREGATE MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NEW YEARS DAY ALL CENTERS CLOSED 1	MEDITERRANEAN BEEF LEMON-HERBED QUINOA CALIFORNIA VEGETABLES MANGO-PINEAPPLE SALAD OATMEAL COOKIE 2	PARMESAN BAKED COD BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/BUTTER PEACHES 3	CHILI CON CARNE STEAMED CARROTS CORN BREAD TROPICAL FRUIT 4
BREADED VEAL PATTY 7 MASHED POTATOES/GRAVY ROASTED BUTTERNUT SQUASH ROSY PEARS	CHICKEN RATATOUILLE 8 TROPICAL BEAN SALAD DINNER ROLL/BUTTER BAKED PEACHES	PASTA W/MEAT SC 9 GREEN BEANS SPINACH SALAD GARLIC BREAD PINEAPPLE CHUNKS	CHICKEN TORTILLA SOUP 10 W/TORTILLA STRIPS GREEN SALAD/DRESSING CORN BREAD CHERRY CRISP	BEEF PICADILLO 11 BROWN RICE SAVORY CARROTS MARINATED BEET SALAD SEASONAL FRUIT
CHICKEN THIGHS 14 W/GINGER GLAZE BROWN BASMATI RICE CHERRY CRISP	BEEF STEW W/ POTATOES & CARROTS 15 HARVARD BEETS DINNER ROLL/BUTTER PEARS	BEAN & CHEESE BURRO 16 PICO DE GALLO SPANISH RICE GREEN SALAD/DRESSING BANANA	CHICKEN MARSALA 17 ROASTED CAULIFLOWER GREEN BEANS WW BREAD/BUTTER CINNAMON APPLESAUCE BROWNIE	HAMBURGER 18 ROASTED GARLIC POTATOES SOUTHERN BLACK-EYED PEAS LETTUCE & TOMATO WW BUN PLUMS MUSTARD/MAYO
MLK DAY 21 ALL CENTERS CLOSED	CREAMY RICE CHICKEN SOUP 22 BABY PEAS DINNER ROLL/BUTTER APRICOTS	BREADED FISH W/CREAMY 23 DILL SAUCE MASHED YAMS SAUTEED SPINACH SEASONAL FRUIT BIRTHDAY CUPCAKES	MONGOLIAN BEEF 24 LEMON-HERBED QUINOA ROASTED BUTTERNUT SQUASH ROSY PEARS	CHICKEN CACCIATORE 25 PESTO CAULIFLOWER MANDARIN ORANGES
BBQ CHICKEN 28 GARLIC ROASTED POTATOES 3-BEAN SALAD APPLE CRISP	PINEAPPLE CHICKEN 29 BROWN RICE ROASTED BRUSSELS SPROUTS PLUMS OATMEAL COOKIE	SLOPPY JOE 30 ROASTED POTATOES MARINATED VEGETABLE SALAD WW BUN PEARS	NAVY BEAN SOUP 31 SAVORY CARROTS DINNER ROLL/BUTTER TROPICAL FRUIT	

** 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
JANUARY 2019 - CONGREGATE**

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)	B6 (mg)	B12 (mcg)	Fiber (gm)	Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
2	MEDITERRANEAN BEEF	720	42	25	88	444	181	557	1894	449	86	1	4	14	1.32		2.67	4.27	.6	1	.36	.45
3	PARMESAN FISH	710	48	18	89	473	151	566	1345	91	103	1	1	10		2		1.06	.88	1	4.21	2.82
4	CHILI CON CARNE	910	38	9	113	460	134	498	1814	692	44	1	3	16	3.5	1.81	.2	2.21	1	1.11	2.51	.37
7	BREADED VEAL	660	29	15	98	408	90	314	1041	934	85	1	1	8	.89		1.08	3.18	1	1	.89	.07
8	CHICKEN RATATOUILLE	650	50	14	84	396	122	694	1624	131	115	1	1	15	1	3.7		1.44	1.06	1	.66	.66
9	PASTA W/MEAT SC	750	27	22	117	591	133	612	1752	610	56	0	1	17	2.28	2.0		3.47	.75	1.26	2.71	.2
10	CHICKEN TORTILLA SOUP	860	45	29	109	535	155	639	1901	134	48	1	1	18	3.07	2.96	.2	2.04	1	1.11	3.36	1.09
11	BEEF PICADILLO	670	30	17	104	422	124	748	1697	1088	57	1	2	12	1.69	1.81		4.46	1.46	1	1.25	.82
14	CHICKEN THIGHS	723	40	21	102	504	274	492	1673	63	62	1	2	11	3.04	3.88		1.44	1	1	2.02	1.15
15	BEEF STEW	613	36	19	78	364	84	516	1230	224	20	1	3	11	1.45			4.36	1.34	1	1.23	.37
16	BEAN & CHEESE BURROS	701	27	20	106	607	119	856	1411	114	54	1	1	12	2.54			2.25	1.75	1		.03
17	CHICKEN MARSALA	702	37	22	90	395	105	662	1239	14	91	1	1	10	1.53	2.67		1.4	1.35	1	2.89	
18	HAMBURGER	760	34	23	83	339	80	573	1183	60	48	1	3	8	2.37		2.56	.22	.88	1		.09
22	CREAMY CHICKEN SOUP	680	44	22	74	365	114	765	1170	392	27	1	1	10	2.79	3.14		.38	.66	1	1.67	
23	BREADED FISH	883	30	34	117	510	126	653	1287	522	41	1	1	10			1.06	1.06	.88	1	4.21	2.82
24	MONGOLIAN BEEF	684	33	22	93	451	186	707	1802	1180	53	1	3	11	1.45	2.4		4.36	1.34	1	1.23	.37
25	CHICKEN CACCIATORE	780	54	28	77	342	63	528	782	30	127	1	2	8	1.7	5.34		2.07	1.75	1	3.07	
28	BBQ CHICKEN	864	36	35	104	367	108	384	1407	34	22	1	2	11	2.43		3.19	.3	.83	1	2.42	1.65
29	PINEAPPLE CHICKEN	615	40	12	92	391	139	467	1487	152	98	1	1	9	1.36	3.33		2.12	1.61	1	.13	.17
30	SLOPPY JOE	750	34	20	108	378	105	757	1700	28	39	1	3	11	2.87	2.32		1.1	1.34	1	1.93	.9
31	NAVY BEAN SOUP	740	30	12	107	476	160	762	1755	1075	51	1	1	22	3.25	.32		3.39	1.25	1.0	1.25	.1

NOURISH YOUR HEART
Linda Rumsey, MS, RDN

A low fat, low cholesterol diet used to be the primary nutrition strategy for preventing or treating coronary heart disease. We understand much more about this disease now and many new lifestyle and nutrition interventions are being used. For someone with high “bad” (LDL) cholesterol who has normal “good” (HDL) and triglycerides, the traditional strategy of a low total fat, low saturated fat diet is most appropriate; for those with low HDL and high triglyceride levels (indicative of insulin resistance), a moderate total fat and low saturated fat diet is recommended. Maintaining a healthy weight, eliminating hydrogenated or partially hydrogenated oils, substituting soy foods for protein that is high in saturated fat, eating more nuts, increasing your fiber intake and using sterol and stanol-rich, trans-fat free spreads and salad dressing are strategies for anyone with a high LDL. If your HDL is low, increasing vitamin C-rich foods like citrus, berries, tomato and leafy greens, moderate alcohol consumption and choosing monounsaturated fats such as extra virgin olive oil and canola oil as your cooking oils and consuming olives, avocado, nuts and seeds can help raise this number. High triglycerides can be addressed by eating omega-3 fats such as salmon, omega-3 rich enriched eggs, ground flaxseed, walnuts and pumpkin seeds, focusing on low glycemic index foods, avoiding simple sugars and refined or processed grains and minimizing alcohol. Although not related to diet, a regular routine of physical activity and stress reductions are very important strategies for modifying the risk factors for heart disease. It may be difficult to incorporate all of these suggestions into your diet but do what you can to decrease your individual risk factors.