

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES

MARCH 2019
CONGREGATE MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CHICKEN CACCIATORE OVER PENNE PASTA PESTO CAULIFLOWER MANDARIN ORANGES 1
PINEAPPLE CHICKEN 4 BROWN RICE ROASTED BRUSSELS SPROUTS PLUMS OATMEAL COOKIES	SLOPPY JOE 5 ROASTED POTATOES BROCCOLI SALAD HAMBURGER BUN PEARS	LASAGNA ROLLS W/MARINARA 6 SAUCE ROASTED CAULIFLOWER GREEN SALAD/Dressing BAKED PEACHES	NAVY BEAN SOUP 7 SAVORY CARROTS DINNER ROLL/Butter TROPICAL FRUIT	LEMON-BAKED COD 8 W/CREAMY DILL SC MASHED YAMS HARVARD BEETS PINEAPPLE
MEATLOAF 11 MASHED POTATOES/GRAVY PEAS & CARROTS APPLESAUCE	BBQ CHICKEN 12 GARLIC ROASTED POTATOES 3-BEAN SALAD BLUEBERRY COBBLER CAKE	POT ROAST 13 CARROTS/POTATOES GREEN BEANS WHOLE WHEAT BREAD BANANA CHOCOLATE PUDDING	CHICKEN W/YOGURT SC 14 TABBOULEH SALAD SAUTEED SPINACH WW PITA BREAD SEASONAL FRUIT	CHEESE ENCHILADAS 15 CUBAN BLACK BEANS GREEN SALAD/Dressing APPLE-CRANBERRY CRISP
SALISBURY STEAK W/ MUSHROOM AND ONION GRAVY 18 EGG NOODLES CALIFORNIA VEGGIES MANGO-PINEAPPLE SALAD OATMEAL COOKIE	ROASTED TURKEY/GRAVY 19 SWEET POTATOES & APPLES PEAS W/ONIONS AMBROSIA	CHEESE OMELET 20 W/DENVER SC ROASTED POTATOES SAUTEED SPINACH FRESH ORANGE	CHILI CON CARNE 21 STEAMED CARROTS CORN BREAD/Butter TROPICAL FRUIT	PARMESAN BAKED COD 22 BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/Butter PEACHES
BEEF STEW 25 POTATOES & CARROTS HARVARD BEETS DINNER ROLL/Butter PEARS	CHICKEN THIGHS W/GINGER 26 SAUCE BROWN BASMATI RICE BOK CHOY CHERRY CRISP	CHICKEN MARSALA 27 ROASTED CAULIFLOWER RICE GREEN BEANS WW BREAD/Butter CINNAMON APPLESAUCE BIRTHDAY CUPCAKE	HAMBURGER 28 ROASTED GARLIC POTATOES BLACK-EYED PEAS TOMATO/LETTUCE WW BUN PEARS Mustard/Mayo	BEAN & CHEESE BURRO 29 Pico de Gallo SPANISH RICE GREEN SALAD/Dressing BANANA

** 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
MARCH 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
1	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	
4	PINEAPPLE CHICKEN	580	32	12	92	385	135	481	1477	153	98	1	2	9	1.36	2.41		2.12	1.61	1	.13	.17
5	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
6	LASAGNE ROLLS	510	24	13	79	375	59	657	1354	63	168	1	1	11	.5			2.12	.45	1.5		.66
7	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
8	LEMON-BAKED COD	720	33	20	103	436	149	363	1865	1092	44	1	2	8	1.74	2.65		1.63	1.94	1	3.02	1.08
11	MEATLOAF	520	31	13	70	375	77	735	1148	554	17	1	3	8	.25	2.47	.08	2.76	1.22	1.05		.01
12	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
13	BBQ CHICKEN	815	36	34	91	385	106	518	1311	41	20	1	2	8	2.07		3.3	.03	.26	1	2.28	1.03
14	POT ROAST	660	28	23	92	418	113	780	1447	731	20	1	1	11	2.07		3	2.15	.75	1	1	1.61
15	CHEESE ENCHILADAS	821	30	26	116	400	97	571	1343	62	41	1	1	15	3.52		2	1.42	.83	1	.56	1.64
18	SALISBURY STEAK	640	34	24	81	362	83	583	1230	441	362	1	1	11	1.38	3		2.01	.55	1	.45	.49
19	ROASTED TURKEY	646	34	13	103	400	98	956	1257	645	38	1	1	10	2.37	3			.92	1	.72	1.6
20	CHEESE OMELET	601	29	26	65	560	166	647	1837	495	128	1	1	9	1.24	.76		2.08	1.15	1.03	2.45	
21	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
22	PARMESAN BAKED COD	710	48	18	89	473	151	566	1345	91	103	1	1	10		2		1.06	.88	1	4.21	2.82
25	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
26	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
27	CHICKEN MARSALA	780	38	28	98	431	108	698	1270	25	91	1	1	9	1.53	2.67		1.4	1.35	1	4.54	2.3
28	HANBURGER	650	35	23	76	346	87	567	1273	60	23	1	3	9	2.37		2.62	.22	.82	1	.56	.09
29	BEAN & CHEESE BURRO	701	27	20	106	607	119	856	1411	114	54	1	1	12	2.54			2.25	1.75	1		.03

**EATER BEWARE
Linda Rumsey, MS, RDN**

Do you remember the saying, “if it sounds too good to be true, it probably is”? We would all like to believe the headlines when it gives us permission to eat something that we have repeatedly heard is not healthy. A recent example of this is the New York Times article titled “Butter Is Back”. Articles stating that ingesting bacon and cheese on a regular basis will not have a negative health impact have also been in recent popular media. These misleading headlines are usually the result of studies which are flawed or have been taken out of context. Butter is not evil, cheese has nutritional value, and an occasional piece of bacon will not send you to the ER. However, there is plenty of valid, scientific evidence that suggests that eating a diet low in saturated fats, added sugars and refined grains and one that includes plenty of produce, whole grains, and lean proteins is superior for your heart and brain. It can also prevent cancer, wrinkles and assist in keeping you at a healthy weight. Trade in your saturated fat for healthy fats such as avocados, olive and canola oils, nuts and fish. One Spanish study found that a diet containing these healthy fats and not much saturated fat slashed heart attack and stroke risk by 30 percent. Realize that it is not what you eat sometimes that matters but what you eat most of the time that will make a real difference in your health and well-being.