

**CATHOLIC COMMUNITY SERVICES – TUCSON**  
**NUTRITION SERVICES**  
 520-624-1562

MARCH 2019  
 PIMA MEALS ON WHEELS  
 MONDAY/WEDNESDAY ROUTE



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

\*Frozen Meals

\*\* 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 - Monday/Wednesday HDM

Diabetic Exchanges
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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 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	
4	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	
5	CHICKEN RICE SOUP	690	43	22	79	357	104	751	993	264	49	1	1	10	2.79	3.14		.38	.58	1	1.67	.43
6	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
7	BREADED FISH	830	30	28	119	487	123	830	1267	491	32	1	1	9		2		.95	.88	1	2.09	2.8
8	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
11	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
12	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
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	LASAGNE ROLLS	510	24	13	79	375	59	657	1354	63	168	1	1	11	.5			2.12	.45	1.5		.66
15	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
18	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
19	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
20	ROASTED TURKEY	646	34	13	103	400	98	956	1257	645	38	1	1	10	2.37	3			.92	1	.72	1.6
21	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
22	YOGURT CHICKEN	605	36	25	62	534	196	646	1719	683	23	1	2	11	1.56	2.37		1.29	.78	1.02	4.08	.12
25	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
26	SALISBURY STEAK	640	34	24	81	362	83	583	1230	441	362	1	1	11	1.38	3		2.01	.55	1	.45	.49
27	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
28	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	
29	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

**MAKE THE MOST OUT OF YOUR MEALS**  
**Linda Rumsey, MS, RDN**

Your lunch meal is designed to meet at least 1/3 of your nutrient requirements per day. Preparing meals at home to supplement the remaining nutrients need not be difficult. Frozen entrees, canned soups, and sandwiches are convenient and may offer a variety of healthy components, but it is still important to consume additional fruits, vegetables and dairy products every day. Choose canned fruits packed in juice or water and low sodium canned vegetables. Frozen fruits and vegetables often contain more nutrients than their fresh counterparts and are not restricted by the season. It is important to consume a total of 2-3 servings of low fat dairy products each day. Low fat yogurt, cottage cheese, calcium-fortified soy milk, and cheese are all great items to keep in your refrigerator. When choosing frozen or shelf stable meals read the label and make sure that there is no more than 600 mg of sodium, 4 grams of saturated fat, and no more than 10 to 18 grams of fat. You want the meals to have between 300 and 500 calories and 10 to 20 grams of protein. Some companies that provide a wide variety of healthier meals include Lean Cuisine, Healthy Choice, Weight Watcher's Smart Ones, Amy's, and Kashi. When choosing soup look for the words "Healthy", "Low Fat" and "Low Sodium" on the label. Sandwiches should be made with 100% whole grain bread, natural cheeses, low-sodium meats and natural peanut butter with no added sugar. The strategies described will help you choose the healthiest products, but it is still important to remember that you need to eat all the food groups each day for balanced nutrition.