

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES

JUNE 2019
PIMA MEALS ON WHEELS
MONDAY/WEDNESDAY DELIVERY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PARMESAN BAKED FISH BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/Butter PEACHES	*CHICKEN THIGHS W/GINGER GLAZE BROWN BASMATI RICE BOK CHOY CHERRY CRISP	LASAGNE ROLLS W/MARINARA ROASTED CAULIFLOWER GREEN SALAD/DRESSING BAKED PEACHES	*CHEESE ENCHILADAS SMOOTH BEANS GREEN SALAD/Dressing CRANBERRY-APPLE CRISP	*CHILI CON CARNE STEAMED CARROTS CORN BREAD/Butter TROPICAL FRUIT
MEDITERRANEAN WHITE FISH W/OLIVES & TOMATOES LEMON QUINOA BUTTERNUT SQUASH PLUMS	*BEEF FRITTERS W/COUNTRY GRAVY MASHED SWEET YAMS SAUTEED SPINACH ROSY PEARS	PASTA AND MEATBALLS GREEN BEANS SPINACH SALAD/DRESSING TROPICAL FRUIT	*CHICKEN BURGER ROASTED RED POTATOES SAUTEED MUHROOMS/ONIONS WHOLE WHEAT BUN BANANA	*BEEFY MAC MIXED VEGETABLES SEASONAL FRUIT
CHEESE OMELET W/DENVER SAUCE HASH BROWNS SAUTEED SPINACH FRESH ORANGE	*CHICKEN THIGHS W/GINGER GLAZE BROWN RICE BOK CHOY PEACH CRUMBLE	BBQ PULLED CHICKEN SANDWICH SAUTEED SWISS CHARD CAULIFLOWER SLAW WHOLE WHEAT BUN APPLE-CRANBERRY CRISP	*ROAST TURKEY/GRAVY MASHED SWEET POATOES PEAS & CARROTS AMBROSIA	*SALISBURY STEAK/ GRAVY & MUSHROOMS GARLIC ROSEMARY POTATOES HARVARD BEETS PEACHES
MEDITERRANEAN BEEF LEMON-HERBED QUINOA CALIFORNIA VEGETABLES MANGO-PINEAPPLE SALAD	*POT ROAST CARROT & POTATOES GREEN BEANS WW BREAD/BUTTER BANANA	PARMESAN-BAKED WHITE FISH BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/BUTTER PLUMS	*CHICKEN W/PEACH SC HARVARD BEETS SAVORY CARROTS PINEAPPLE CHUNKS	*CHEESE ENCHILADAS W/SPINACH ON TOP REFRIED BEANS GREEN SALAD/DRESSING BAKED APPLE & RAISIN

*FROZEN MEAL

** 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
JUNE 2019 - HDM MON/WED DELIVERY

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)	Star-ch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
3	PARMESAN BAKED FISH	710	48	18	89	473	151	566	1345	91	103	1	1	10		2		1.06	.88	1	4.21	2.82
4	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
5	LASAGNE ROLL	610	35	19	79	382	71	690	1536	63	168	1	2	11	.5	1.81		2.12	.45	1.5		.66
6	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
7	CHILI CON CARNE	913	38	25	113	460	134	498	1814	692	44	1	3	16	3.5	1.81		2.21	.85	1.11	2.51	.37
10	MEDITERRANEAN FISH	685	33	17	106	481	196	482	2035	1080	58	1	2	11	1.31	.99		4.5	1.88	1	1.27	.01
11	BEEF FRITTER	662	29	14	106	492	149	778	1282	707	15	1	1	10			2	1.37	1.3	1	.45	2
12	PASTA & MEATBALLS	690	28	20	77	378	76	619	1355	120	48	1	1	12	.51	.27	2	1.64	1.45	1	.93	.47
13	CHICKEN BURGER	798	40	29	99	572	83	894	1406	4	20	1	1	9	2.32	2	1.47	.66	1.75	1	.77	.65
14	BEEFY MAC	606	36	23	65	624	131	532	1284	421	43	1	3	10	.96	2.21	.82	3.96	.98	1.09	23	.02
17	CHEESE OMELET	530	29	22	57	600	173	833	1647	729	121	1	1	8		.76		2.07	1.15	1.03	1.56	
18	CHICKEN THIGHS W/GINGER	605	38	19	75	510	302	495	1701	63	62	1	2	10	1.57	3.88		1.44	1	1	2.02	
19	BBQ PULLED CHICKEN	770	43	22	103	384	116	692	1313	278	68	1	2	11	1.87	3.62		2.19	.83	1	2.22	1.72
20	ROAST TURKEY	630	35	9	106	407	109	957	1423	1070	47	1	1	11	3.05	3			.82	1		1.14
21	SALISBURY STEAK	630	29	24	79	345	78	535	1314	36	43	1	1	9	1.07	3		2.4	1.5	1	1.69	.64
24	MEDITERRANEAN BEEF	710	41	23	88	466	179	608	1831	431	61	1	4	12	1.32		2.78	4.27	.3	1	.78	1.01
25	POT ROAST	634	28	22	85	408	114	693	1636	733	26	1	1	12	2.07		3	2.15	1.75	1	1	
26	PARMESAN BAKED FISH	710	48	18	89	473	151	566	1345	91	103	1	3	10	2.98	3.11	.76	2.09	1.5	1	1.22	.02
27	CHICKEN W/PEACH SC	695	37	15	106	413	126	423	1460	1159	106	1	1	9	1.11	4.05		4.45	1.62	1	1.34	.6
28	CHEESE ENCHILADAS	660	28	23	84	361	54	836	1046	126	98	1	1	12	2	0	2	1.2	.45	1		.66

Eating for Eye Health
Linda Rumsey, MS,RDN

Eating the same foods that are good for your heart can also help preserve your eyes and vision. Keeping the capillaries healthy that supply the retina with nutrients is the key to eye health. In addition to an overall healthy diet there are certain nutrients that have been shown to be particularly important to this end. Lutein and zeaxanthin are two anti-oxidant carotenoids linked to lower risk of macular degeneration and cataracts. Great sources of these two compounds include kale, spinach, romaine lettuce, broccoli, and Brussels sprouts. Omega-3 Fatty acids, found primarily in fatty fish is also linked with better vision as we age. It has been shown that people who consumed fish high in omega-3s fatty acids often were less likely to have advanced age-related macular degeneration. The overall pattern of your diet may even be more important than single foods. Following a Mediterranean diet rich in fruits, vegetables, nuts, whole grains, fish and heart-healthy oil and low in refined carbohydrates, simple sugars, and salt seems to be the prescription for just about everything that ails us. Some researchers estimate that following a healthier diet could reduce the risk of macular degeneration by up to 20%.