

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES

JUNE 2019
CONGREGATE MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF FRITTERS W/COUNTRY GRAVY MASHED SWEET YAMS SAUTEED SPINACH ROSY PEARS 3	LASAGNE ROLLS W/MARINARA ROASTED CAULIFLOWER GREEN SALAD/DRESSING BAKED PEACHES 4	CHICKEN BURGER ROASTED RED POTATOES SAUTEED MUSHROOMS/ONIONS WHOLE WHEAT BUN BANANA 5	PESTO CHICKEN PASTA SALAD CARROT/RAISIN SALAD DINNER ROLL SEASONAL FRUIT 6	MEDITERRANEAN WHITE FISH W/OLIVES & TOMATOES LEMON QUINOA BUTTERNUT SQUASH PLUMS 7
CHICKEN THIGHS W/GINGER GLAZE BROWN RICE BOK CHOY PEACH CRUMBLE 10	PASTA AND MEATBALLS GREEN BEANS SPINACH SALAD/DRESSING TROPICAL FRUIT 11	ROAST TURKEY/GRAVY MASHED SWEET POTATOES PEAS & CARROTS AMBROSIA 12	SALISBURY STEAK/ GRAVY & MUSHROOMS GARLIC ROSEMARY POTATOES HARVARD BEETS PEACHES 13	CHEESE OMELET W/DENVER SAUCE HASH BROWNS SAUTEED SPINACH FRESH ORANGE 14
POT ROAST CARROT & POTATOES GREEN BEANS WW BREAD/BUTTER BANANA 17	BBQ PULLED CHICKEN SANDWICH SAUTEED SWISS CHARD CAULIFLOWER SLAW WHOLE WHEAT BUN APPLE-CRANBERRY CRISP 18	ASIAN CHICKEN SALAD MARINATED BEET SALAD DINNER ROLL/BUTTER PINEAPPLE CHUNKS 19	CHEESE ENCHILADAS W/SPINACH ON TOP REFRIED BEANS GREEN SALAD/DRESSING BAKED APPLE & RAISIN 20	MEDITERRANEAN BEEF LEMON-HERBED QUINOA CALIFORNIA VEGETABLES MANGO-PINEAPPLE SALAD 21
MEATLOAF MASHED POTATOES/GRAVY 5-WAY MIXED VEGETABLES BANANA CHOCOLATE PUDDING 24	PARMESAN-BAKED WHITE FISH BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/BUTTER PLUMS 25	BEEF STROGANOFF EGG NOODLES CALIFORNIA BLEND VEGGIES SEASONAL FRUIT BIRTHDAY CHOCOLATE CUPCAKES 26	SOUTHWESTERN SALAD CITRUS SALAD DINNER ROLL/BUTTER 27	SLOPPY JOE ROASTED POTATOES BROCCOLI SALAD WW BUN PEARS 28

** 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 - 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
3	BEEF FRITTER	662	29	14	106	492	149	778	1282	707	15	1	1	10			2	1.37	1.3	1	.45	2
4	LASAGNE ROLL	610	35	19	79	382	71	690	1536	63	168	1	2	11	.5	1.81		2.12	.45	1.5		.66
5	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
6	PESTO CHICKEN SALAD	863	53	30	97	592	73	835	1565	471	42	1	1	9	1	2.67		1.29	1.42	1	1.98	.1
7	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
10	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	
11	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
12	ROAST TURKEY	630	35	9	106	407	109	957	1423	1070	47	1	1	11	3.05	3			.82	1		1.14
13	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
14	CHEESE OMELET	530	29	22	57	600	173	833	1647	729	121	1	1	8		.76		2.07	1.15	1.03	1.56	
17	POT ROAST	634	28	22	85	408	114	693	1636	733	26	1	1	12	2.07		3	2.15	1.75	1	1	
18	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
19	ASIAN CHICKEN SALAD	680	44	9	79	411	146	683	1497	388	37	1	1	9	1.28	2.22		2.22	1.07	1	2.87	.78
20	CHEESE ENCHILADAS	660	28	23	84	361	54	836	1046	126	98	1	1	12	2	0	2	1.2	.45	1		.66
21	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
24	MEATLOAF	650	31	17	93	358	96	955	1384	434	22	1	1	13		2.2		4.36	.75	1		161
25	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
26	BEEF STROGANOFF	820	51	25	101	699	155	560	2049	561	75	1	3	8	1.48	3.27		1.56	.98	1.91	1.86	2.08
27	SOUTHWESTERN SALAD	700	44	24	76	439	106	587	1318	326	92	1	1	15	1.78	3.34		2.93	.75	1	1	
28	SLOPPY JOE	790	34	20	116	386	110	760	1778	28	38	1	3	12	2.87	2.32		1.1	.53	1	1.93	.9

**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%.