

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

MAY 2019
 MEALS ON WHEELS
 TUESDAY/THURSDAY DELIVERY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		*CHEESE ENCHILADAS 1 CUBAN BLACK BEANS GREEN SALAD/Dressing APPLE-CRANBERRY CRISP	*CHICKEN MARSALA 2 ROASTED CAULIFLOWER RICE GREEN BEANS WW BREAD/Butter CINNAMON APPLESAUCE	*PARMESAN BAKED FISH 3 BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/Butter PEACHES
*ROAST TURKEY 6 MASHED POTATOES/GRAVY GREEN PEAS DINNER ROLL/Butter AMBROSIA	CREAMY CHICKEN RICE SOUP 7 GREEN BABY PEAS DINNER ROLL/Butter PEACHES	*CHICKEN THIGHS 8 W/GINGER GLAZE BROWN BASMATI RICE BOK CHOY CHERRY CRISP	*CHICKEN CACCIATORE 9 PENNE PASTA PESTO CAULIFLOWER MANDARIN ORANGES	*HAMBURGER 10 ROASTED GARLIC POTATOES BLACK-EYED PEAS TOMATO/LETTUCE WW BUN PEARS Mustard/Mayo
*BEAN & CHEESE BURRO 13 Pico de Gallo SPANISH RICE GREEN SALAD/Dressing BANANA	PINEAPPLE CHICKEN 14 BROWN RICE ROASTED BRUSSELS SPROUTS PLUMS OATMEAL COOKIE	*BEEFY MAC 15 MIXED VEGGIES GREEN SALAD/Dressing BLUEBERRY COBBLER CAKE	*SLOPPY JOE 16 ROASTED POTATOES BROCCOLI SALAD HAMBURGER BUN SEASONAL FRUIT	*MONGOLIAN BEEF 17 BASMATI RICE ROASTED BUTTERNUT SQUASH SEASONAL FRUIT
*POT ROAST 20 CARROTS/POTATOES GREEN BEANS WHOLE WHEAT BREAD/Butter BANANA CHOCOLATE PUDDING	MEATLOAF 21 MASHED POTATOES/GRAVY PEAS & CARROTS APPLESAUCE	*NAVY BEAN SOUP 22 SAVORY CARROTS DINNER ROLL/BUTTER TROPICAL FRUIT	*ROAST TURKEY/GRAVY 23 SWEET POTATOES & APPLES GREEN PEAS DINNER ROLL/Butter AMBROSIA	*BBQ CHICKEN 24 GARLIC ROASTED POTATOES 3-BEAN SALAD APPLECRISP
*LASAGNE ROLLS W/ MARINARA MEAT SAUCE 27 ROASTED CAULIFLOWER SPINACH SALAD BAKED PEACHES	CHICKEN THIGHS 28 W/GINGER GLAZE BROWN BASMATI RICE BOK CHOY CHERRY CRISP	*LEMON-BAKED FISH 29 W/CREAMY DILL SAUCE MASHED YAMS HARVARD BEETS MANDARIN ORANGES	*CHEESE ENCHILADAS 30 SMOOTH BEANS GREEN SALAD/Dressing CRANBERRY-APPLE CRISP	*MEDITERRANEAN BEEF 31 LEMON-HERBED QUINOA CALIFORNIA VEGETABLES MANGO-PINEAPPLE SALAD OATMEAL COOKIE

*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
MAY 2019 - HDM TUE/THUR**

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	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
2	CHICKEN MARSALA	570	36	19	64	395	105	502	1239	14	91	1	1	9	1.53	2.67		1.4	1.35	1	2.89	
3	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
6	ROAST TURKEY	646	34	13	103	400	98	956	1257	645	38	1	1	10	2.37	3			.92	1	.72	1.6
7	CREAMY 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
8	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
9	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	
10	HAMBURGER	650	35	23	76	346	87	567	1273	60	23	1	3	9	2.37		2.62	.22	.82	1	.56	.09
13	BEAN & CHEESE BURRO	701	27	20	106	607	119	856	1411	114	54	1	1	12	2.54			2.25	1.75	1		.03
14	PINEAPPLE CHICKEN	660	34	13	107	392	162	485	1505	153	98	1	2	10	2.26	2.41		2.12	1.61	1	.13	.17
15	BEEFY MAC	820	40	28	100	692	143	812	1432	488	37	1	3	13	.96	2.32		5.89	.26	1		1.01
16	SLOPPY JOE	770	35	20	112	390	112	754	1829	34	59	1	3	11	2.87	2.32		1.1	1.41	1	1.93	.9
17	MOGOLIAN BEEF	750	33	23	112	428	125	703	1553	1180	47	1	3	11	2.5	2.7		3.67	1.3	1	1.23	.37
20	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
21	MEATLOAF	520	31	13	70	375	77	735	1148	554	17	1	3	8	.25	2.47	.08	2.76	1.22	1		.01
22	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
23	ROAST TURKEY	646	34	13	103	400	98	956	1257	645	38	1	1	10	2.37	3			.92	1	.72	1.6
24	BBQ CHICKEN	860	36	35	104	367	108	384	1407	34	22	1	2	11	2.43		3.19	.03	.83	1	2.42	1.65
27	LASAGNE ROLLS	650	36	22	84	370	86	698	1461	99	155	1	2	11	1.01	2.08		1.56	.45	1.5	.93	1.13
28	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
29	LEMON-BAKED FISH	730	33	20	103	412	125	380	1770	1089	57	1	2	8	1.74	2.65		1.63	2.09	1	3.02	1.08
30	CHEESE ENCHILADAS	800	28	34	95	409	65	765	989	73	41	1	1	10	2.51		2	1.3		1	2.21	2.3
31	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

SPECTACULAR SPINACH

Linda Rumsey, MS, RDN

I often get the comment that we serve a lot of spinach on our menu. Spinach is such a nutritional super star we need to include it often so we can meet our vitamin and mineral requirements. The list of health promoting qualities contained in this vegetable is impressive. It is an excellent source of vitamins A, C, and K and the minerals manganese, magnesium, iron, calcium, and potassium. It is also rich in flavonoid compounds that function as antioxidants and as anti-cancer agents. The nutritional value for the calories (around 40 per cup) makes this a very nutrient dense food. Vitamin A and beta-carotene are important vision nutrients and lutein, a carotenoid found abundantly in spinach, has been shown to be protective against the progression of macular degeneration and for reducing the risk for cataracts. Beta-carotene may help to protect against certain types of cancer including skin, prostate, ovarian, breast and stomach. Vitamin K, calcium and magnesium are important nutrients essential for bone health. Magnesium also helps regulate nerve and muscle tone by balancing the action of calcium. Cardio vascular protection is provided by spinach. The ample supply of Vitamins C and A are powerful antioxidants that reduce the amount of free radicals in the body. These nutrients work as a team helping to prevent cholesterol from sticking to vessel walls where it can cause blocked arteries, heart attack or stroke. Iron is essential to health of the human body as it is vital to energy production and metabolism. Consuming dark, green leafy vegetables can significantly amp up the nutritional quality of the diet. So enjoy your spinach knowing that you are helping your body work and feel better!