

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
SEPTEMBER 2019

CONGREGATE MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY ALL CENTERS CLOSED 2	CHICKEN THIGHS W/GINGER GLAZE BROWN RICE BOK CHOY PEACH CRUMBLE 3	PASTA AND MEATBALLS GREEN BEANS SPINACH SALAD/DRESSING TROPICAL FRUIT 4	ROAST TURKEY/GRAVY MASHED SWEET POTATOES PEAS & CARROTS AMBROSIA 5	SALISBURY STEAK/ GRAVY & MUSHROOMS GARLIC ROSEMARY POTATOES HARVARD BEETS PEACHES 6
POT ROAST CARROT & POTATOES GREEN BEANS WW BREAD/BUTTER BANANA 9	BBQ PULLED CHICKEN SANDWICH SAUTEED SPINACH CAULIFLOWER SLAW WW BUN APPLE-CRANBERRY CRISP 10	ASIAN CHICKEN SALAD HARVARD BEET SALAD DINNER ROLL/BUTTER PINEAPPLE CHUNKS 11	CHEESE ENCHILADA W/SPINACH TOPPING REFRIED BEANS GREEN SALAD/ Dressing BAKED PEACHES 12	MEDITERRANEAN BEEF LEMON-HERBED QUINOA CALIFORNIA VEGETABLES BLUEBERRY COBBLER CAKE 13
MEATLOAF AND GRAVY MASHED POTATOES MIXED VEGETABLES BANANA CHOCOLATE PUDDING 16	PARMESAN-BAKED WHITE FISH BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/Butter SEASONAL FRUIT 17	BEEF STROGANOFF EGG NOODLES CALIFORNIA VEGGIES WW BREAD/BUTTER PEACHES 18	SLOPPY JOE ROASTED POTATOES BROCCOLI SALAD WW HAMBURGER BUN PEARS 19	SOUTHWEST CHICKEN SALAD/Dressing DINNER ROLL/Butter CITRUS SALAD 20
MONGOLIAN BEEF BROWN RICE ROASTED BUTTERNUT SQUASH ROSY PEARS 23	BBQ CHICKEN THIGHS GARLIC ROASTED POTATOES 3-BEAN SALAD APPLE-CRANBERRY CRISP 24	CHEF'S SALAD CAULIFLOWER SLAW DINNER ROLL/BUTTER PINEAPPLE/MANGO SALAD B-DAY CHOCOLATE CUPCAKES 25	PARMESAN CHICKEN WW PASTA PENNE PASTA SAUTEED SPINACH CARROT/RAISIN SALAD BANANA 26	BAKED POLLOCK W/ DILL SAUCE BROWN RICE PILAF GREEN PEAS MANDARIN ORANGE SEGMENTS 27
CHICKEN MARSALA ROASTED CAULIFLOWER RICE GREEN BEANS WW BREAD/BUTTER APPLESAUCE 30				

** 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
SEPTEMBER 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	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	1.15
4	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
5	ROAST TURKEY	630	35	9	106	407	109	957	1423	1070	47	1	1	11	3.05	3			.82	1		1.14
6	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
9	POT ROAST	634	28	22	85	408	114	693	1636	733	26	1	1	12	2.07		3	2.15	1.75	1	1	
10	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
11	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
12	CHEESE ENCHILADAS	660	28	23	84	361	54	836	1046	126	98	1	1	12	2	0	2	1.2	.45	1		.66
13	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
16	MEATLOAF	650	31	17	93	358	96	955	1384	434	22	1	1	13		2.2		4.36	.75	1		1.61
17	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
18	BEEF STROGANOFF	775	52	18	96	709	147	549	1596	522	61	1	3	9	2.86	3.77		1.56	1.5	1.91	.75	2.08
19	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
20	SOUTHWESTERN SALAD	700	44	24	76	439	106	587	1318	326	92	1	1	15	1.78	3.34		2.93	.75	1	1	1
23	MONGOLIAN BEEF	750	33	23	112	428	125	703	1553	1180	47	1	3	11	2.5	2.25		3.67	1.3	1	1.23	.37
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
25	CHEF'S SALAD	840	38	41	86	400	82	1073	1270	432	81	0	2	9	1.01	1	2.03	2.24	.55	1	2.95	2.59
26	PARMESAN CHICKEN	736	51	13	108	600	217	642	2518	1101	27	2	1	13	1.37	2.14	.32	2.09	2.18	1	.77	.08
27	BAKED POLLOCK	670	36	17	93	412	120	364	1654	1137	61	1	2	10	2.35	2.65		.1	2.09	1	2.34	.55
30	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	2.89

NUTRITION CONCERNS FOR OLDER ADULTS
LINDA RUMSEY, MS,RDN

Nutrition plays an important part in the aging process. Metabolic changes and reduced activity make it essential to choose foods wisely to increase nutrients and decrease calories. Diminished appetite, the effects of medication, and difficulty in chewing makes it more challenging to stay well nourished. Common sense and getting back to basics are always good strategies for improvement. Eat a variety of foods from all the food groups and limit processed and refined foods. Increase intake of dietary fibers found in food like beans, fruits and vegetables. Increase calcium-rich foods like cheese, milk, and yogurt. Limit foods high in salt and sugar. Don't forget to drink at least eight (8 ounce) glasses of water daily. Check with your doctor to make sure that the medications that you take do not have adverse nutrient interaction. Remember that the meals you receive from our program are not meant to provide you with all of your daily requirements. Choose the foods you eat the rest of the day to provide the most nutrition for the fewest calories.