

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
SEPTEMBER 2019
520-624-1562

PIMA MEALS ON WHEELS
MONDAY/WEDNESDAY DELIVERY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY NO DELIVERY ASSORTED FROZEN WW BREAD/BUTTER FRUIT 2	*BEEF FRITTER W/ COUNTRY GRAVY 3 MASHED SWEET POTATOES SAUTEED SPINACH ROSY PEARS	CHICKEN THIGHS 4 W/GINGER GLAZE BROWN RICE BOK CHOY PEACH CRUMBLE	*CHICKEN BURGER W/ SWISS CHEESE 5 SAUTEED MUSHROOMS/ ONIONS ROASTED RED POTATOES WW BUN BANANA	*MEDITERRANEAN WHITE FISH 6 W/OLIVES & TOMATOES LEMON QUINOA ROASTED BUTTERNUT SQUASH SEASONAL FRUIT OATMEAL COOKIE
SALISBURY STEAK/ GRAVY & MUSHROOMS 9 GARLIC ROSEMARY POTATOES HARVARD BEETS PEACHES	*BEEFY MAC 10 MIXED VEGETABLES SEASONAL FRUIT	BBQ PULLED CHICKEN 11 SANDWICH SAUTEED SPINACH CAULIFLOWER SLAW WW BUN APPLE-CRANBERRY CRISP	*PASTA AND MEATBALLS 12 GREEN BEANS SPINACH SALAD/DRESSING TROPICAL FRUIT	*ROAST TURKEY/GRAVY 13 MASHED SWEET POTATOES PEAS & CARROTS AMBROSIA
MEDITERRANEAN BEEF 16 LEMON-HERBED QUINOA CALIFORNIA VEGETABLES BLUEBERRY COBBLER CAKE	*POT ROAST 17 CARROT & POTATOES GREEN BEANS WW BREAD/BUTTER BANANA	PARMESAN-BAKED WHITE FISH 18 BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/Butter SEASONAL FRUIT	*CHICKEN W/PEACH SAUCE 19 HARVARD BEETS SAVORY CARROTS PINEAPPLE CHUNKS	*CHEESE ENCHILADA 20 W/SPINACH TOPPING REFRIED BEANS GREEN SALAD/ Dressing BAKED PEACHES
CHICKEN CACCIATORE 23 OVER WW PASTA GREEN BEANS MANDARIN ORANGE SEGMENTS	*MEATLOAF AND GRAVY 24 MASHED POTATOES MIXED VEGETABLES BANANA CHOCOLATE PUDDING	BBQ CHICKEN THIGHS 25 GARLIC ROASTED POTATOES 3-BEAN SALAD APPLE-CRANBERRY CRISP	*BEEF STROGANOFF 26 EGG NOODLES CALIFORNIA VEGGIES WW BREAD/BUTTER PEACHES	*SLOPPY JOE 27 ROASTED POTATOES BROCOLLI SALAD WW HAMBURGER BUN PEARS
BAKED POLLOCK W/ DILL SAUCE 30 BROWN RICE PILAF GREEN PEAS MANDARIN ORANGE SEGMENTS				

*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
SEPTEMBER 2019 - HDM MON/WED**

Diabetic Exchanges

Day	ENTRÉE	Cal (kcal)	Pro (gm)	Fat (gm)	Carb (g)	Calc (mg)	Mag (mg)	Sod-ium (mg)	Pot (mg)	Vit A (mcg_R AE)	Vit C (mg)	B6 (mg)	B12 (mcg)	Fib-er (gm)	Star-ch	Lean Meat	Med Fat Meat	Veg	Fru-it	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	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
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	MEDITERRANEAN FISH	635	33	18	92	477	196	489	2044	1057	85	1	2	11	1.31	1.99		4.5	1.03	1	1.27	.01
9	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
10	BEEFY MAC	606	36	23	65	624	131	532	1284	421	43	1	3	10	.96	2.21	.82	3.96	.98	1	1.09	.02
11	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
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	ROAST TURKEY	633	35	9	106	407	109	957	1423	1070	47	1	1	11	3.05	3			.82	1		1.14
16	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
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	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
19	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
20	CHEESE ENCHILADAS	660	28	23	84	361	54	836	1046	126	98	1	1	12	2	0	2	1.2	.45	1		.66
23	CHICKEN CACCIATORE	690	52	19	78	385	82	391	943	58	100	1	2	8	1.7	5.34		2	1.75	1	2.18	.37
24	MEATLOAF	650	31	17	93	358	96	955	1384	434	22	1	1	13		2.2		4.36	.75	1		1.65
25	BBQ CHICKEN	860	36	35	104	367	108	384	1407	34	22	1	2	11	2.43		3.19	.03	.83	1	2.42	2.59
26	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	.08
27	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	.09
30	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

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.