

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

PIMA MEALS ON WHEELS  
TUESDAY/THURSDAY DELIVERY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*CHICKEN TERIYAKI BROWN RICE ASIAN VEGETABLES GREEN SALAD/DRESSING SUMMER SEASONAL FRUIT 2	BEEFY MAC MIXED VEGETABLES SEASONAL FRUIT 3	*LASAGNE ROLLS W/ MARINARA SAUCE ROASTED CAULIFLOWER GREEN SALAD/DRESSING BAKED PEACHES 4	PASTA AND MEATBALLS GREEN BEANS SPINACH SALAD/DRESSING TROPICAL FRUIT 5	*MEDITERRANEAN WHITE FISH W/OLIVES & TOMATOES LEMON QUINOA ROASTED BUTTERNUT SQUASH SEASONAL FRUIT OATMEAL COOKIE 6
*ASSORTED FROZEN WW BREAD/BUTTER FRUIT 9	POT ROAST CARROT & POTATOES GREEN BEANS WW BREAD/BUTTER BANANA 10	*CHICKEN THIGHS W/GINGER GLAZE BROWN RICE BOK CHOY PEACH CRUMBLE 11	CHICKEN W/PEACH SAUCE HARVARD BEETS SAVORY CARROTS PINEAPPLE CHUNKS 12	*ROAST TURKEY/GRAVY MASHED SWEET POTATOES PEAS & CARROTS AMBROSIA 13
*SALISBURY STEAK/ GRAVY & MUSHROOMS GARLIC ROSEMARY POTATOES HARVARD BEETS PEACHES 16	MEATLOAF AND GRAVY MASHED POTATOES MIXED VEGETABLES BANANA CHOCOLATE PUDDING 17	*BBQ PULLED CHICKEN SANDWICH SAUTEED SPINACH CAULIFLOWER SLAW WW BUN APPLE-CRANBERRY CRISP 18	BEEF STROGANOFF EGG NOODLES CALIFORNIA VEGGIES WW BREAD/BUTTER PEACHES 19	*CHEESE ENCHILADA W/SPINACH TOPPING REFRIED BEANS GREEN SALAD/ Dressing BAKED PEACHES 20
*MEDITERRANEAN BEEF LEMON-HERBED QUINOA CALIFORNIA VEGETABLES BLUEBERRY COBBLER CAKE 23	MONGOLIAN BEEF BROWN RICE ROASTED BUTTERNUT SQUASH ROSY PEARS 24	*PARMESAN-BAKED WHITE FISH BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/Butter SEASONAL FRUIT 25	SWEDISH MEATBALLS OVER WW PASTA GREEN BEANS GLAZED CARROTS PINEAPPLE/MANGO SALAD 26	*SLOPPY JOE ROASTED POTATOES BROCCOLI SALAD WW HAMBURGER BUN PEARS 27
*CHICKEN CACCIATORE OVER WW PASTA GREEN BEANS MANDARIN ORANGE SEGMENTS 30				

\*Frozen meals

\*\* 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 - TUE/THUR DELIVERY**

<b>Diabetic Exchanges</b>
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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
	CHICKEN TERIYAKI	600	42	10	84	470	151	642	1117	261	75	1	1	9	2.05	2.55		1.66	.98	1		
3	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	
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	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
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	
9	ASSORTED FROZEN																					
10	POT ROAST	634	28	22	85	408	114	693	1636	733	26	1	1	12	2.07		3	2.15	1.75	1	1	
11	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
12	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
13	ROAST TURKEY	630	35	9	106	407	109	957	1423	1070	47	1	1	11	3.05	3			.82	1		1.14
16	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
17	MEATLOAF	650	31	17	93	358	96	955	1384	434	22	1	1	13		2.2		4.36	.75	1		161
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	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
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	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	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
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	SWEDISH MEATBALLS	637	33	24	79	531	85	622	1266	1208	49	1	1	12	1.22		2	3.75	.55	1.36	1.4	.72
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	.9
30	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	

**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.