**CATHOLIC COMMUNITY SERVICES – TUCSON**  
**NUTRITION SERVICES**  
**MARCH 2020**  
**520-624-1562**

**PIMA MEALS ON WHEELS**  
**MONDAY/ WEDNESDAY DELIVERY**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| CREAMY LEMON CHICKEN SOUP  
GREEN BABY PEAS  
WW DINNER ROLL/BUTTER  
MANGO/PINEAPPLE SALADE  | *ROSEMARY BEEF EGG NOODLES  
SAUTEED SPINACH  
MIXED VEGETABLES  
Pears  | LENTIL SOUP  
KALE CRUNCH  
CARROT-RAISIN SALAD  
SEASONAL FRUIT  | *CHICKEN PARMESAN  
WW PASTA  
CALIFORNIA VEGGIES  
SEASONAL FRUIT  | *HAMBURGER  
TOMATO/LETTUCE  
ROASTED GARLIC POTATOES  
WW BUN  
APPLESAUCE  |
| FISH NUGGETS  
TARTAR SAUCE  
CHEESY POTATOES  
MIXED VEGGIES  
ROSY PEARS  | *MONGOLIAN BEEF  
BROWN RICE  
ROASTED BUTTERNUT SQUASH  
CINNAMON APPLESAUCE  | ROASTED TURKEY/GRAVY  
MASHED YAMS  
PEAS W/ONIONS  
AMBROSIA  | *POT ROAST  
BABY BAKERS AND CARROTS  
GREEN BEANS  
WW BREAD/BUTTER  
BANANA  | *CHEESE ENCHILADAS W/ SPINACH TOPPING  
REFRIED BEANS  
GREEN SALAD/ DRESSING  
BAKED PEACHES  |
| LASAGNE ROLLS W/ MARINARA SAUCE  
ROASTED CAULIFLOWER QUINOA SALAD  
BAKED PEACHES  | *CHILI CON CARNE  
STEAMED CARROTS  
CORNBREAD MUFFIN/BUTTER  
TROPICAL FRUIT  | IRISH STEW  
GREEN SALAD/DRESSING  
BISCUIT  
PINEAPPLE CUBES  | *MEATLOAF/ GRAVY  
MASHED POTATOES  
MIXED VEGETABLES  
BANANA CHOCOLATE PUDDING  | *GINGER CHICKEN THIGHS  
BROWN RICE  
BOK CHOI  
CHERRY CRISP  |
| CHEESE OMELET W/ MEATLESS SAUCE  
ROASTED POTATOES  
SAUTEED SPINACH  
FRESH ORANGE  | *CHICKEN MARSCALA  
CAULIFLOWER RICE  
KALE CRUNCH  
APPLESAUCE  
OATMEAL CRANBERRY COOKIE  | HONEY MUSTARD CHICKEN CHEESY POTATOES  
GREEK SALAD  
APRICOTS  | *PASTA W/ MEAT SAUCE  
GREEN BEANS  
WARM BRUSSELS SPROUTS  
SALAD  
Pears  | *CHICKEN TORTILLA SOUP  
MARINATED BEET SALAD  
CORN MUFFIN/BUTTER  
PEACH CRUMBLE  |
| BEAN & CHEESE BURRO  
PICO DE GALLO  
SPANISH RICE  
CRUNCHY KALE  
APPLESAUCE  | *SWEDISH MEATBALLS  
LEMON-HERBED QUINOA  
GLAZED CARROTS  
MANGO-PINEAPPLE SALAD  |  |  | |

*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!*
The egg is regaining popularity after years of health professionals warning against regular consumption. Current research suggests that eggs eaten in moderation can be a part of a healthy diet. Eggs are low in calories and high in quality protein and nutrients such as folate, vitamins E, B12 and lutein. They are inexpensive and can be prepared in many ways. They are good for the eyes and may contribute to the prevention or slowed progression of macular degeneration and the development of cataracts. Eggs are one of the only foods that contain naturally occurring vitamin D. In addition, recent studies have shown that regular consumption of eggs does not affect a person’s lipid profile and may, in fact, improve it. It seems that it is total dietary saturated fat that raises cholesterol rather than dietary cholesterol. A study by the Harvard School of Public Health determined there is no significant link between egg consumption and heart disease. In fact, according to one study, regular consumption of eggs may help prevent blood clots, stroke, and heart attacks. The American Heart Association says that one egg a day is acceptable, but to keep in mind the other foods that you eat in the day. Of course, always consult your physician before making any significant changes in your diet.

Eggs Can Be Good for You!
Linda Rumsey, MS, RDN