

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
OCTOBER 2019

CONGREGATE MEALS
 ELLIE TOWNE/FLOWING WELLS CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	CHICKEN TERIYAKI BROWN RICE ASIAN VEGETABLES GREEN SALAD/DRESSING SEASONAL FRUIT 2	3	TURKEY PAPIKASH OVER EGG NOODLES SAVORY CARROTS CHERRY CRUMBLE 4
BEEF FRITTER W/COUNTRY GRAVY 7 MASHED SWEET POTATOES SAUTEED SPINACH ROSY PEARS	8	LASAGNE ROLLS W/MARINARA SC 9 ROASTED CAULIFLOWER GREEN SALAD/DRESSING BAKED PEACHES	10	MEDITERRANEAN WHITE FISH W/OLIVES & TOMATOES 11 LEMON QUINOA ROASTED BUTTERNUT SQUASH SEASONAL FRUIT
GINGER CHICKEN THIGHS 14 BROWN RICE BOK CHOY PEACH CRUMBLE	15	ROAST TURKEY/GRAVY 16 MASHED SWEET POTATOES PEAS & CARROTS AMBROSIA	17	CHEESE OMELET 18 W/DENVER SC HASH BROWNS SAUTEED SPINACH FRESH ORANGE
MEDITERRANEAN BEEF 21 LEMON-HERBED QUINOA CALIFORNIA VEGETABLES BLUEBERRY COBBLER CAKE	22	POT ROAST 23 CARROT/POTATOES GREEN BEANS WW BREAD/BUTTER BANANA CHOCOLATE B-DAY CUPCAKES	24	BBQ PULLED CHICKEN 25 SANDWICH SAUTEED SPINACH CAULIFLOWER SLAW WW BUN APPLE-CRANBERRY CRISP
MEATLOAF/GRAVY 28 MASHED POTATOES MIXED VEGETABLES BANANA CHOCOLATE PUDDING	29	BEEF STROGANOFF 30 EGG NOODLES CALIFORNIA BLEND VEGGIES SEASONAL FRUIT	31	

** 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!!

Please call Sue Denter at 724-5362 for information, reservations or cancelations.

NUTRITIONAL INFORMATION
OCTOBER 2019 - CONGREGATE

<i>Diabetic Exchanges</i>

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)	Star-ch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
1	BEEF STEW	650	35	19	84	358	77	528	1139	224	34	1	4	8	1.56	2.4		3.17	1.5	1	1.88	.56
2	CHICKEN TERIYAKI	600	42	10	84	470	151	642	1117	261	75	1	1	9	2.05	2.55		1.66	.98	1		
3	HAMBURGER	800	38	23	108	406	150	761	1705	69	29	1	3	13	2.73		2.56	1.63	1.34	1	1.04	1.26
4	TURKEY PAPRIKASH	671	46	16	90	502	150	563	1912	1200	98	2	2	14	2.1	2.5		3.91	1.02	1	1.9	.74
7	BEEF FRITTER	662	29	14	106	492	149	778	1282	707	15	1	1	10			2	1.37	1.3	1	.45	2
8	CHICKEN BURGER	1020	42	41	129	589	100	1091	1559	4	20	1	1	11	2.32	2	1.47	.66	1.75	1	2.62	2.72
9	LASAGNE ROLL	610	35	19	79	382	71	690	1536	63	168	1	2	11	.5	1.81		2.12	.45	1.5		.66
10	PESTO CHICKEN SALAD	870	52	30	101	577	58	1066	1265	400	112	1	1	10	1	2.67		1.29	.43	1	1.98	.78
11	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
14	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
15	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
16	ROAST TURKEY	630	35	9	106	407	109	957	1423	1070	47	1	1	11	3.05	3			.82	1		1.14
17	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
18	CHEESE OMELET	530	29	22	57	600	173	833	1647	729	121	1	1	8		.76		2.07	1.15	1.03	1.56	
21	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
22	CHEESE ENCHILADAS	660	28	23	84	361	54	836	1046	126	98	1	1	12	2	0	2	1.2	.45	1		.66
23	POT ROAST	850	30	34	115	425	132	890	1789	733	26	1	1	13	2.07		3	2.15	1.75	1	2.06	2.08
24	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
25	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
28	MEATLOAF	650	31	17	93	358	96	955	1384	434	22	1	1	13		2.2		4.36	.75	1		1.61
29	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
30	BEEF STROGANOFF	570	44	16	65	428	108	281	1691	550	77	1	3	8	1.38	3.31		2.06	.98	1	1.81	
31	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

SNACKING FOR SENIORS
Linda Rumsey, MS, RDN

Snacking was once considered by some to be an unhealthy habit. If snacking is defined as eating unlimited amounts of junk food, then that would be true. However, if you consider snacking to keep your blood sugar balanced and a way to increase your nutrient consumption in the face of a decreased appetite, then bring it on. Snacking, or “mini meals”, should be balanced and healthy and the calories should not exceed your needs when added to the calories of your daily meals. The general guideline when planning a snack would be to include a complex carbohydrate, lean protein, and healthy fat. An example of this would be an apple and low-fat mozzarella cheese stick. You can never go wrong with cut up veggies. Add a few whole grain crackers and two tablespoons of hummus and you have a balanced snack. Nuts also make an excellent snack but remember that they are high in fat. Good fat still is high in calories so don’t eat them out of a bag or can. Sprinkle some toasted walnuts on the top of a low-fat yogurt. Celery sticks stuffed with one tablespoon of “natural” peanut butter or cherry tomatoes in a cup of low-fat cottage cheese can also provide a satisfying and healthy snack. Try three cups of air-popped popcorn sprayed with extra virgin olive oil and mixed with two tablespoons of Parmesan cheese for a super good treat. As you can see, there are a lot of healthy combinations that can add to your energy input for the day. With a little bit of planning and a desire to eat healthier you can significantly improve your nutrient intake. So, happy snacking!