

CATHOLIC SOCIAL SERVICE OF TUCSON

140 W. Speedway, Ste 130
Tucson, AZ 85705
624-1562

FEBRUARY 2017

PIMA COUNTY
ELLIE TOWNE/FLOWING WELLS CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ROAST TURKEY W/GRAVY 1 WHIPPED POTATOES PEAS & PEARL ONIONS WHOLE WHEAT ROLL PEACHES SUGAR COOKIE		PORK PATTY W/GRAVY 3 SOUR CREAM AND CHIVE POTATOES GLAZED CARROTS WHOLE WHEAT ROLL PEARS
BEEF SWISS-STYLE PATTY 6 WHIPPED POTATOES RED CABBAGE & APPLES WHOLE GRAIN ROLL SEASONAL FRUIT		LASAGNA 8 BROCCOLI FLORETS GARDEN VEGETABLE SALAD/ Dressing GARLIC BREAD PEACHES		WESTERN PORK STEW 10 CUT GREEN BEANS CARROT/MANDARIN SALAD MULTI GRAIN BREAD VANILLA PUDDING
WAIKIKI CHICKEN 13 WHIPPED SWEET POTATOES STEAMED SPINACH MULTI GRAIN BREAD TROPICAL FRUIT		BEEF STEW 15 WHOLE KERNEL CORN BROCCOLI FLORETS WHOLE GRAIN ROLL PEACHES		COUNTRY MEATBALLS 17 W/GRAVY BROWN RICE PILAF SCANDINAVIAN BLEND VEGGIES MULTI GRAIN BREAD MANDARIN ORANGES
MEATLOAF W/GRAVY 20 MASHED POTATOES GREEN PEAS MULTI GRAIN BREAD SPICED APPLES		BREADED BAKED FISH W/ 22 CREOLE SAUCE WHIPPED SWEET POTATOES CREAMY COLE SLAW MULTI GRAIN BREAD PINEAPPLE CHUNKS BIRTHDAY CAKE		BAKED CHICKEN W/ 24 SUPREME SAUCE COLCANNON POTATOES STEAMED SPINACH WHOLE WHEAT ROLL PEARS CHOCOLATE COCONUT PUDDING
BEEF MUSHROOM PATTY 27 WHIPPED POTATOES MIXED VEGGIES MULTI GRAIN BREAD PEACH/PINEAPPLE CRISP				

** 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
FEBRUARY 2017 - CONGREGATE MEALS

Day	ENTRÉE	Cal (kcal)	Protein (gm)	Fat (gm)	% Cal Fat	Carb	Calc (mg)	Mag (mg)	Sodium (mg)	Zinc (mg)	Vit A (RAE)	C (mg)	B6 (mg)	B12 (mcg)	Fiber (gm)
1	ROAST TURKEY	803	48	19	21	112	458	100	583	3.97	329	41	.59	.57	8.0
2	HAMBURGER	747	42	25	30	73	366	88	772	7.68	260	31	.47	2.46	9.16
3	PORK PATTY	829	43	28	30	90	406	100	796	5.24	382	37	.52	.72	7.65
6	SWISS STEAK	793	38	27	31	103	561	131	640	6.40	247	187	.84	1.90	13.51
7	TURKEY POT PIE	593	37	14	22	80	548	114	631	3.99	652	30	.75	.80	11.25
8	LASAGNA	709	45	18	23	94	697	111	854	4.97	477	68	.61	1.16	9.0
9	ORANGE-GLAZED CHICKEN	608	43	16	23	69	538	189	777	5.20	1132	32	1.25	6.11	8.77
10	WESTERN PORK STEW	713	40	16	20	107	498	118	848	4.66	969	34	.81	.63	10.15
13	WAIKIKI CHICKEN	638	41	9	14	95	523	194	754	3.14	1461	52	1.23	.23	11.88
14	SPAGHETTI W/MEAT SAUCE	946	36	30	29	129	422	115	830	5.09	317	26	.53	1.42	8.0
15	BEEF STEW	748	34	25	30	94	423	112	719	6.43	493	75	.67	1.42	10.31
16	MAC & CHEESE	772	38	25	29	101	1037	141	706	5.07	666	140	.57	.88	11.24
17	COUNTRY MEATBALLS	649	34	22	30	81	426	137	747	5.55	270	36	.53	1.81	7.67
20	MEATLOAF	711	41	25	32	73	431	128	644	6.93	287	32	.96	2.28	10.76
21	CHICKEN PASTA MARSALA	655	39	9	13	96	470	165	744	3.27	458	29	1.09	.38	10.36
22	BREADED BAKED FISH	980	29	28	26	144	501	164	967	2.67	786	57	.53	3.21	9.26
23	TAMALE LAYER BAKE	802	38	27	30	96	580	108	1008	5.99	477	34	.57	1.78	11.27
24	BAKED CHICKEN,SUPREME SC	748	48	17	20	102	681	205	846	3.48	1020	45	1.22	.67	8.26
27	BEEF MUSHROOM PATTY	773	41	25	29	101	435	116	675	8.58	420	39	.68	2.25	8.93
28	SWEET & SOUR CHICKEN	819	39	13	14	132	407	169	770	3.71	675	79	.91	.23	14.20

HEALTHY EATING
Linda Rumsey, MS, RDN

What is healthy eating and why should we care? Healthy eating is not about following strict nutrition rules or depriving yourself of the food you love. It is about feeling better, having plenty of energy, preventing disease and keeping yourself as healthy as possible. Eating more fruits, vegetables and whole grains and less refined carbohydrates and saturated fats are improvements that could really make a difference. Focus on what you would like to improve and then start slowly. Adding a salad full of different colored vegetables daily or switching from butter to olive oil when cooking might be a good start. You don't have to be perfect and every healthy change counts. It is important to think moderation. If your weakness is sweet, salty or unhealthy foods start by reducing your portion size or not eating them as often. You will be surprised to discover that you will not crave these foods as much as you begin weaning yourself from them. It isn't just about what you eat but how you eat it. Practice mindful eating by visualizing the nourishment you will receive with each mouthful of food. Try chewing your food more so you can really taste and enjoy what you are eating. Listen to your body when you are eating and stop before you feel full. It takes a few minutes for your brain to register that you have had enough food so slow down and savor the moment. Remember that it takes time to develop new habits. Keep an open mind and trust that you can affect your health and well-being with the food choices you make. Eating healthy can be a new adventure that can yield valuable results.