

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
NOVEMBER 2022



CONGREGATE MEALS – ELLIE TOWNE CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 PARMESAN BAKED POLLOCK TARTAR SAUCE ORANGE/ALMOND COUS COUS GREEN BEANS BANANA	2 3	4 LASAGNE ROLL-UPS W/MEAT MARINARA SAUCE SAUTEED SPINACH PEACH CRISP
7 PORK CARNITAS QUINOA AND BLACK BEANS MIXED VEGETABLES PEACHES OATMEAL COOKIE	8	9 FRIED CHICKEN HOT GERMAN POTATO SALAD BROCCOLI/CAULIFLOWER SEASONAL FRUIT	10	11 KITCHEN CLOSED VETERANS DAY
14 CHICKEN PARMESAN GREEN BEANS BABY SPINACH SALAD/ DRESSING MIXED FRUIT CUP	15	16 CHEESE ENCHILADAS W/PINTO BEANS CHUCKWAGON CORN GREEN SALAD/ DRESSING BANANA	17	18 MONGOLIAN BEEF CAULIFLOWER RICE ASIAN VEGETABLES PINEAPPLE CUBES
21 SALISBURY STEAK W/ MUSHROOM GRAVY MASHED POTATOES BRUSSELS SPROUTS VW BREAD/BUTTER ROSY PEARS	22	23 ROAST TURKEY/GRAVY BREAD STUFFING MASHED POTATOES PEAS & ONIONS AMBROSIA SALAD PUMPKIN PIE	24	25 THANKSGIVING HOLIDAY ALL SITES CLOSED
28 SLOPPY JOE ROASTED POTATOES MIXED VEGETABLES VW BUN GRAPES	29	30 TURKEY PAPRIKASH EGG NOODLES GREEN BEANS VW BREAD/BUTTER PEACHES		

** ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK** EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED
 ** NUTRITIONAL INFORMATION ON THE BACK OF THIS MENU

ALL MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY

THE FRUIT MAY DIFFER BASED ON AVAILABILITY THANK YOU FOR YOUR DONATIONS. THEY HELP US STRETCH-H-H-H OUR SERVICES!!

NUTRITIONAL INFORMATION
NOVEMBER 2022 - CONGREGATE MEALS

Diabetic Exchanges

Day	ENTRÉE	Cal (kcal)	Pro (gm)	Fat (gm)	Carb (g)	Calc (mg)	Mag (mg)	Sodium (mg)	Pot (mg)	Vit A (mcg RAE)	Vit C (mg)	Vit K (mcg)	Fiber (gm)	Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
1	CHICKEN PARMESAN	830	38	20	126	466	48	728	1829	1079	14	39	15	3.94	2.0	.32	2.08	.88	1	.25	.5
2	TUNA SALAD	880	38	45	83	433	81	967	1017	77	10	22	7	1.38	2.0	.88	1.45	1.76	1	1.84	.51
3	TERIYAKI BEEF	620	36	16	84	349	110	609	1003	7	15	2	8	1.31	2.5		2.69	.95	1		
4	SWEET & SOUR MEATBALLS	740	44	24	90	600	186	813	1777	565	124	558	12	2.22	.51	.62	2.27	1.78	1.04	1.42	
7	BBQ PULLED CHICKEN	780	47	15	115	430	177	862	1943	34	50	77	14	2.73	3.62		2.26	1.75	1	1.37	.78
8	HONEY MUSTARD CHICKEN	810	36	39	81	390	147	407	1796	113	35	35	9	2.12	3.19		.55	1	1	1.97	.34
9	CHICKEN & DUMPLING SOUP	760	38	15	123	508	81	1033	1267	49	41	0	17	3.38	2.06		1.48	.7	1	1	
10	PARM BAKED POLLOCK	830	40	22	121	551	163	808	1681	485	33	105	14	3.98	2.70		1.71	1.93	1	.79	.21
11	BEEF STEW	800	35	25	65	404	109	481	1777	194	106	6	11	.36	2.4		3.5	1.75	1	1.58	.02
14	LASAGNE ROLL-UPS	760	43	26	93	501	185	606	1699	955	147	667	10	1.64	2.72		1.37	.6	1.5	1.56	1.04
15	PORK CARNITAS	620	34	16	83	370	102	544	1180	196	21	23	11	.84		2.34	3.14	1	1		
16	MEATLOAF	580	30	21	50	327	64	553	1381	7	16	5	11	.97	2.0		.21	1.16	1	1.11	
17	FRIED CHICKEN	600	34	21	71	360	91	852	1646	24	88	6	10	1.04	2		1.32	.69	1	.81	.15
18	TURKEY TORTELLINI	860	50	26	108	905	151	936	1800	1508	44	337	14	2.38	4.6		3.87	1.75	1	.86	
21	ASSORTED FROZEN																				
22	CHICKEN PARMESAN	900	38	25	130	464	84	791	1590	377	31	73	16	4.2	2.32		1.33	1	1	25	
23	CHILI CON CARNE	740	30	25	52	427	79	579	1326	682	61	17	9	.87	2.72		3.13	.82	1	1	.02
24	*ROAST TURKEY	1050	40	28	162	485	105	1464	1288	684	39	1	13	3.12	3		1.0	.92	1.47	1.6	
25	CHEESE ENCHILADAS	630	23	15	101	363	87	884	1469	60	36	13	13	3.61		.66	1.06	1.75	1		
28	MONGOLIAN BEEF	700	30	16	110	365	93	750	1538	249	24	16	8	.14	2.2		3.52	1	1	.39	.37
29	SALISBURY STEAK	690	37	25	86	369	84	759	1388	35	89	1	15	1.38	3		2.74	1.3	1	1.58	.06
30	MAC & CHEESE	830	42	33	93	890	111	810	1558	105	66	12	11	1.21	1.06	.5	2.58	1.08	1		.91

*High Sodium Holiday Meal

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 a good strategy 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 your daily requirements. Choose the foods you eat the rest of the day to provide the most nutrition for the fewest calories.