

CATHOLIC COMMUNITY SERVICES – TUCSON
NUTRITION SERVICES
MARCH 2020

PINAL CONGREGATE MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONGOLIAN BEEF 2 BROWN RICE ROASTED BUTTERNUT SQUASH CINNAMON APPLESAUCE	LENTIL SOUP 3 KALE CRUNCH CARROT-RAISIN SALAD SEASONAL FRUIT	POT ROAST 4 BABY BAKERS AND CARROTS GREEN BEANS WW BREAD/BUTTER BANANA	CHEESE ENCHILADAS W/ SPINACH TOPPING 5 REFRIED BEANS GREEN SALAD/DRESSING BAKED PEACHES	6
CHILI CON CARNE 9 STEAMED CARROTS CORNBREAD MUFFIN/BUTTER TROPICAL FRUIT	ROASTED TURKEY/GRAVY 10 MASHED YAMS PEAS W/ONIONS AMBROSIA	MEATLOAF/GRAVY 11 MASHED POTATOES MIXED VEGETABLES BANANA CHOCOLATE PUDDING	GINGER CHICKEN THIGHS 12 BROWN RICE BOK CHOY CHERRY CRISP	13
CHICKEN MARSALA 16 CAULIFLOWER RICE KALE CRUNCH APPLESAUCE OATMEAL CRANBERRY COOKIE	IRISH STEW 17 GREEN SALAD/DRESSING BISCUIT PINEAPPLE CUBES	PASTA W/MEAT SAUCE 18 GREEN BEANS WARM BRUSSELS SPROUTS SALAD PEARS	CHICKEN TORTILLA SOUP 19 MARINATED BEET SALAD CORN MUFFIN/BUTTER PEACH CRUMBLE	20
SWEDISH MEATBALLS 23 LEMON-HERBED QUINOA GLAZED CARROTS MANGO-PINEAPPLE SALAD	HONEY MUSTARD CHICKEN 24 CHEESY POTATOES GREEK SALAD APRICOTS	TERIYAKI BEEF 25 BROWN RICE PILAF ASIAN VEGETABLES SEASONAL FRUIT BIRTHDAY CUPCAKES	BEEF MINESTRONE 26 SOUP ROASTED BUTTERNUT SQUASH DINNER ROLL/BUTTER TROPICAL FRUIT	27
BEEF STEW 30 POTATOES/CARROTS ROASTED RADISHES DINNER ROLL/BUTTER PEACHES	TURKEY PAPRIKASH 31 GREEN BEANS GREEN SALAD/DRESSING PINEAPPLE CUBES			

** 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!!