




Monday		Tuesday		Wednesday		Thursday		Friday	
1 Sodium (mg): Na*		2 Sodium (mg): Na*		3 Sodium (mg): Na*		Happy 4th of July!		5 Sodium (mg): Na*	
Shredded Cheese	187	Cajun Chicken	436	Hot Dog	*550	All Meals include:		Fish Sandwich	270
American Chop Suey	211	Dirty Rice	137	Mustard	55	Milk:		Tartar Sauce	261
Italian Veg. Blend	26	Chickpea Blend	52	Relish	81	110 Calories		Roasted Potatoes	33
Multigrain Roll	190	WW Bread	160	Baked Beans	36	125mg Sodium		Spring/Summer Veg.	57
Strawberry Cup	4	Mandarin Oranges	47	Cabbage & Carrots	47	13g Carbs		WW HB Roll	230
				HD Roll	210			Holiday Cookie	108
				Mixed Fruit	10	Margarine:		Diet: Graham Wafer	85
Total Sodium:	618	Total Sodium:	791	Total Sodium:	989	36 Calories		Total Sodium:	959
Calories: 644	Carbs: 88	Calories: 420	Carbs: 65	Calories: 612	Carbs: 75	47mg Sodium		Calories: 675	Carbs: 79
8	9	10	11	10	12				
Broccoli & Cheese		Chicken Bruschetta	394	Minestrone Soup	239	Roast Turkey	360	Sausage w/	
Omelet	387	Whipped Sweet Potato	33	Meatloaf	240	Gravy	70	Peppers & Onions	*520
Hash Browns	136	Tahitian Veg. Blend	38	Lyonnais Potatoes	112	Cranberry Sauce (2)	16	Pasta Alfredo	116
Broccoli Florets	12	Oatmeal Bread	121	Brussel Sprouts	12	Mashed Potato	62	Sub Roll	162
French Toast Sticks	320	Brownie	132	Wheat Bread	115	Winter Squash	13	Peaches	5
Applesauce	14	Diet: Graham Wafer	85	Banana	1	Multigrain Bread	190		
						Strawberry Cup	4		
Total Sodium:	870	Total Sodium:	717	Total Sodium:	718	Total Sodium:	715	Total Sodium:	804
Calories: 616	Carbs: 73	Calories: 528	Carbs: 72	Calories: 536	Carbs: 86	Calories: 696	Carbs: 132	Calories: 496	Carbs: 69
15	16	17	18	19	20				
Shepherd's Pie	283	WG Lasagna Roll-Up	370	Lemon Chicken	431	Seafood Casserole	*569	BBQ Pulled Pork	484
Peas & Mushrooms	133	Tomato Basil Sauce	55	Florentine Rice	112	Penne Pasta	1	Garlic Mash. Potato	62
WW Roll	160	Genoa Veg. Blend	40	Glazed Carrots	83	Green & Wax Beans	3	Country Veg. Blend	32
Pears	4	Scali Bread	190	Oatmeal Roll	121	Multigrain Roll	190	WW HB Roll	230
Yogurt Cup	51	Mandarin Oranges	6	Fresh Orange	0	Strawberry Cup	4	Mixed Fruit	10
Total Sodium:	630	Total Sodium:	661	Total Sodium:	746	Total Sodium:	767	Total Sodium:	818
Calories: 753	Carbs: 110	Calories: 379	Carbs: 69	Calories: 450	Carbs: 61	Calories: 540	Carbs: 88	Calories: 571	Carbs: 86
22	23	24	25	26	27				
Mexicali Chicken	413	Cheeseburger	387	Roast Pork	71	Greek Meatballs	328	Hungarian	
Spanish Rice	22	Ketchup/Mustard	137	Gravy	121	Orzo Rice	427	Turkey Skillet	*523
Brussels Sprouts	12	Potato Wedges	27	Cheesy Mash. Potato	90	Tuscan Veg. Blend	56	White/Brown Rice	36
WW Bread	160	Malibu Blend	59	Mixed Vegetables	41	Multigrain Roll	190	Cauliflower Supreme	14
Cantaloupe	12	HB Roll	230	Oatmeal Bread	121	Applesauce	14	Dinner Roll	160
		Pineapple	1	Oatmeal Raisin Cookie	108			Mandarin Oranges	6
		Yogurt Cup	51	Diet: Lorna Doones	100				
Total Sodium:	619	Total Sodium:	892	Total Sodium:	550	Total Sodium:	1015	Total Sodium:	740
Calories: 344	Carbs: 47	Calories: 821	Carbs: 93	Calories: 636	Carbs: 77	Calories: 630	Carbs: 79	Calories: 455	Carbs: 58
29	30	31							
Broccoli Bake	387	Curry Chicken	375	Pot Roast	241	For weather emergencies and cancellations, please check 1420 AM WBSM radio.	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.		
O'Brien Potatoes	117	Couscous	39	Mushroom Gravy	148				
Carrots	77	Beets	162	Mashed Potato	62				
Fruit Loaf	102	Multigrain Bread	190	Country Veg. Blend	32				
Peaches	5	Strawberry Cup	4	Oatmeal Bread	121				
				Lemon Cream Pie	209				
Total Sodium:	688	Total Sodium:	770	Total Sodium:	813	For Reservations/Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.	Congregate Meal participants may take home packaged bread, desserts and milk.		
Calories: 691	Carbs: 67	Calories: 501	Carbs: 83	Calories: 771	Carbs: 103				

* Indicates a food with more than 500 mg sodium.
Please inform Coastline if you have any food allergies.

Menu is subject to change without notice.
Catch of the Day will vary based on availability.