### Monday
- All Meals include:
  - Milk: 110 Calories, 125mg Sodium, 13g Carbs
  - Margarine: 36 Calories, 47mg Sodium

- We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.

- Congregate Meal participants may take home packaged bread, desserts and milk.

- For weather emergencies and cancellations, please check 1420 AM WBSM radio.

### Columbus Day
- Chicken Divan 281 Calories, 514 Total Sodium
- Turkey Stew *571 Calories, 925 Total Sodium
- Sausage w/ Peppers *520 Calories, 920 Total Sodium
- Seafood Newburg 380 Calories, 802 Total Sodium
- Fluffy Rice 36 Calories, 61 Total Sodium
- Pasta Alfredo 116 Calories, 290 Total Sodium
- Spring Blend Veg. 57 Calories, 115 Total Sodium
- Wheat Bread 115 Calories, 290 Total Sodium
- Mixed Fruit 10 Calories, 4 Total Sodium

### Tuesday
- Beef & Broccoli 108 Calories, 364 Total Sodium
- Grilled Chicken Parm. 410 Calories, 643 Total Sodium
- Beef Chili 176 Calories, 520 Total Sodium
- Roast Turkey w/ Gravy 430 Calories, 833 Total Sodium
- Cheddar Cheese 183 Calories, 777 Total Sodium
- Cranberry Sauce (2) 121 Calories, 777 Total Sodium
- Hash Browns 62 Calories, 777 Total Sodium
- tomato 60 Calories, 777 Total Sodium
- Winter Squash 13 Calories, 777 Total Sodium
- Fruit Loaf 160 Calories, 777 Total Sodium
- Strawberries 4 Calories, 777 Total Sodium

### Wednesday
- Total Sodium: 628 Calories: 373 Carbs: 54
- 1 Sodium (mg): Na* "Catch of the Day" 180 Hot Dog *550
- 2 Sodium (mg): Na* w/ Supreme Sauce 111 Mustard & Relish 136
- Rice Florentine 112 Baked Beans 36
- Malibu Vegetables 59 Cabbage & Carrots 47
- Dinner Roll 160 Hot Dog Roll 210
- Mandarin Oranges 6 Mixed Fruit 10

### Thursday
- Total Sodium: 989 Calories: 612 Carbs: 75
- 1 Sodium (mg): Na*"Catch of the Day" 180 Hot Dog *550
- 2 Sodium (mg): Na* w/ Supreme Sauce 111 Mustard & Relish 136
- Rice Florentine 112 Baked Beans 36
- Malibu Vegetables 59 Cabbage & Carrots 47
- Dinner Roll 160 Hot Dog Roll 210
- Mandarin Oranges 6 Mixed Fruit 10

### Friday
- Total Sodium: 524 Calories: 590 Carbs: 86
- 1 Sodium (mg): Na*"Catch of the Day" 180 Hot Dog *550
- 2 Sodium (mg): Na* w/ Supreme Sauce 111 Mustard & Relish 136
- Rice Florentine 112 Baked Beans 36
- Malibu Vegetables 59 Cabbage & Carrots 47
- Dinner Roll 160 Hot Dog Roll 210
- Mandarin Oranges 6 Mixed Fruit 10

* 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.

Your voluntary $2 donation today, provides more meals tomorrow.