

<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p>		<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</p> 		<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>		<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>		<p>Friday</p> <p>1 Sodium (mg): Na⁺</p> <p>No Meals Served</p> 	
<p>For Reservations/ Cancellations: call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in</p>									
4		5		6		7		8	
Macaroni & Cheese	403	Mexicali Chicken	413	Sloppy Joe	221	Roast Turkey w/ Gravy	430	Pork Lo Mein	254
Escalloped Tomatoes	143	Rice & Beans	36	Roasted Potatoes	33	Cranberry Sauce (2)	16	Oriental Veg. Blend	26
Garlic Green Beans	3	Mixed Vegetables	41	Italian Veg. Blend	26	Mashed Potatoes	62	WW Roll	160
Fruit Loaf	160	Oatmeal Roll	121	Hamburger Roll	230	Winter Squash	13	Mixed Fruit	10
Strawberry Cup	4	Pineapple	1	Orange	0	Multigrain Bread	190		
						Strawberry Shortcake	176		
						Diet: Graham Wafers	85		
Total Sodium:	713	Total Sodium:	611	Total Sodium:	510	Total Sodium:	887	Total Sodium:	450
Calories: 791	Carbs: 117	Calories: 438	Carbs: 64	Calories: 493	Carbs: 72	Calories: 770	Carbs: 137	Calories: 545	Carbs: 80
11		12		13		14		15	
American Chop Suey	211	Fiesta Omelet	382	Chicken Marsala	439	Hot Dog	550*	Catch of the Day	
Broccoli	12	Hash Browns	136	Mashed Potatoes	62	Mustard	55	Salmon w/	67
Scali Bread	190	Spring Vegetables	57	Mixed Vegetables	41	Relish	81	Herb Sauce	76
Pears	4	Fruit Loaf	160	Oatmeal Roll	121	Baked Beans	36	Confetti Rice	43
		Mixed Fruit	10	Banana Pudding	251	Cabbage & Carrots	47	California Veg. Blend	27
				Diet: Low-Sugar Pudding	100	HD Roll	210	Multigrain Roll	190
						Peaches	5	Strawberry Cup	4
Total Sodium:	417	Total Sodium:	745	Total Sodium:	913	Total Sodium:	984	Total Sodium:	407
Calories: 405	Carbs: 58	Calories: 581	Carbs: 80	Calories: 611	Carbs: 88	Calories: 606	Carbs: 74	Calories: 500	Carbs: 76
18		19		20		21		22	
<p>No Meals Served</p> 		Cheese Burger	384	Roast Pork	71	Greek Meatballs	328	Beef & Lentil Chili	244
		Ketchup	82	Apple Gravy	111	Penne	1	Brown Rice	36
		Mustard	55	Parsley Mash. Potatoes	63	Peas & Mushrooms	133	Snowflake Roll	180
		Hash Browns	136	Winter Squash	13	Multigrain Bread	190	Pineapple	1
		Hot German Slaw	81	Oatmeal Bread	121	Mandarins	6		
		Hamburger Roll	230	Brownie	132				
		Peaches	5	Diet: Graham Wafers	85				
		Total Sodium:	973	Total Sodium:	510	Total Sodium:	658	Total Sodium:	461
		Calories: 637	Carbs: 66	Calories: 739	Carbs: 94	Calories: 564	Carbs: 76	Calories: 493	Carbs: 69
25		26		27		28		29	
Broccoli & Cheese		Shepherd's Pie	283	Chicken Picatta	424	Meatloaf	131	Fish Sandwich	190
Stuffed Chicken	410	Mixed Vegetables	41	Bowtie Pasta	1	Gravy	110	Tarter Sauce	261
Fluffy Rice	36	WW Roll	160	Brussels Sprouts	12	Mashed Potatoes	62	O'Brien Potatoes	117
Malibu Blend	59	Pears	5	WW Roll	160	Glazed Carrots	83	Beets	162
Multigrain Roll	190			Mini Tiramisu	209	Oatmeal Bread	121	WW HB Roll	230
Strawberry Cup	4			Diet: Low-Sugar Cake	110	Banana	1	Mandarins	6
Total Sodium:	699	Total Sodium:	488	Total Sodium:	805	Total Sodium:	507	Total Sodium:	966
Calories: 585	Carbs: 86	Calories: 621	Carbs: 93	Calories: 560	Carbs: 85	Calories: 613	Carbs: 93	Calories: 580	Carbs: 79

* 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.