



Monday	Tuesday	Wednesday	Thursday	Friday
<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><b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b></p> <p>For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</p>	<p><b>1</b> Sodium (mg): Na<sup>+</sup></p> <p>Hot Dog* 550 Mustard 55 Baked Beans 36 Cabbage &amp; Carrots 47 Hot Dog Roll 210 Applesauce 14</p> <p>Total Sodium: 912 Calories: 585 Carbs: 69</p>	<p><b>2</b> Sodium (mg): Na<sup>+</sup></p> <p>Shepherd's Pie 271 Mixed Vegetables 59 Oatmeal Roll 121 Pears 4</p> <p>Total Sodium: 454 Calories: 589 Carbs: 84</p>
<p><b>5 No Meals Served</b></p> 	<p><b>6</b></p> <p>Cajun Chicken 377 Brown Rice 36 Roman Blend 26 Vegetables WW Roll 160 Mixed Fruit 10</p> <p>Total Sodium: 609 Calories: 398 Carbs: 55</p>	<p><b>7</b></p> <p>Pasta Bolognese 164 Italian Blend Veg 26 Dinner Roll 260 Applesauce 15</p> <p>Total Sodium: 464 Calories: 590 Carbs: 84</p>	<p><b>8</b></p> <p>Roast Turkey w/ Gravy 373 Cranberry Sauce (2) 16 Mashed Potatoes 62 Winter Squash 13 Multigrain Bread 190 Banana 10</p> <p>Total Sodium: 631 Calories: 632 Carbs: 116</p>	<p><b>9</b></p> <p>Potato Pollock Fillet 150 Tarter Sauce 261 O' Brien Potato 117 Brussel Sprouts 12 Wheat Bread 115 Peaches 5</p> <p>Total Sodium: 659 Calories: 532 Carbs: 70</p>
<p><b>12</b></p> <p>Roast Pork w/ Gravy 192 Garlic Mashed Potato 62 Tarragon Carrots 77 Multigrain Bread 190 Pineapple 10</p> <p>Total Sodium: 521 Calories: 602 Carbs: 77</p>	<p><b>13</b></p> <p>Beef &amp; Broccoli 108 Fluffy White Rice 36 Oatmeal Roll 121 Chocolate Pudding 191 Diet: Sugar-Free Pudding 110</p> <p>Total Sodium: 456 Calories: 628 Carbs: 67</p>	<p><b>14</b></p> <p>Mac n' Cheese 404 Escalloped Tomato 143 WW Roll 160 Melon Cup 12</p> <p>Total Sodium: 720 Calories: 650 Carbs: 82</p>	<p><b>15</b></p> <p>Chicken Sandwich* 573 BBQ Sauce Packet 44 Tricolor Pasta 58 German Slaw 1 HB Roll 230 Mixed Fruit 10</p> <p>Total Sodium: 939 Calories: 553 Carbs: 83</p> 	<p><b>16</b></p> <p>American Chop Suey 211 Peas &amp; Mushrooms 133 Dinner Roll 260 Mandarin Oranges 6</p> <p>Total Sodium: 610 Calories: 530 Carbs: 80</p>
<p><b>19</b></p> <p>Turkey Stew* w/ Vegetables 587 Mashed Potatoes 52 WW Roll 160 Pears 4</p> <p>Total Sodium: 803 Calories: 470 Carbs: 73</p>	<p><b>20</b></p> <p>Salisbury Steak 341 Egg Noodles 35 Italian Blend Veg 26 Snow Flake Roll 260 Fresh Orange 0</p> <p>Total Sodium: 662 Calories: 640 Carbs: 84</p>	<p><b>21</b></p> <p>Chicken Divan w/ Broccoli 282 Red Bliss Potatoes 4 Oatmeal Roll 121 Pineapple 1</p> <p>Total Sodium: 408 Calories: 506 Carbs: 61</p>	<p><b>22</b></p> <p>Beef Pot Roast 254 Whipped Sweet Potato 33 Green Beans 3 Multigrain Bread 190 Oatmeal Cookie 171 Diet: Sugar-Free Cookie 85</p> <p>Total Sodium: 651 Calories: 818 Carbs: 99</p>	<p><b>23</b></p> <p>Apricot Chicken 359 Rice Florentine 112 California Blend Veg. 27 Potato Bread 120 Applesauce 15</p> <p>Total Sodium: 633 Calories: 428 Carbs: 57</p>
<p><b>26</b></p> <p>BBQ Turkey Sandwich 244 Au Gratin Potatoes 154 Chuckwagon Veg. 2 Hamburger Roll 230 Peaches 1</p> <p>Total Sodium: 635 Calories: 588 Carbs: 76</p>	<p><b>27</b></p> <p>Meatloaf w/ Mushroom Gravy 131 Mashed Potato 148 Glazed Carrots 52 WW Bread 83 Pears 115 Pears 4</p> <p>Total Sodium: 532 Calories: 541 Carbs: 77</p>	<p><b>28</b></p> <p>Sausage* w/ Peppers &amp; Onions 520 Pasta Alfredo 116 Sub Roll 162 Mini Red Velvet Cake 209 Diet: Low Sugar Cake 210</p> <p>Total Sodium: 1007 Calories: 614 Carbs: 92</p>	<p><b>29</b></p> <p>Florentine Omelet 393 Hash Browns 136 Zucchini &amp; Tomato 39 Fruit Loaf 160 Mandarin Oranges 6</p> <p>Total Sodium: 734 Calories: 576 Carbs: 71</p>	<p><b>30</b></p> <p>Broccoli &amp; Cheese 410 Stuffed Chicken 22 Spanish Rice 22 Green Beans 3 WW Bread 160 Pineapple 1</p> <p>Total Sodium: 597 Calories: 498 Carbs: 69</p>

\* 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.**