



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b> Sodium (mg): Na <sup>+</sup>	<b>3</b> Sodium (mg): Na <sup>+</sup>	<b>4</b> Sodium (mg): Na <sup>+</sup>	<b>5</b> Sodium (mg): Na <sup>+</sup>
Veggie Chili 285 Fluffy Rice 36 Corn Bread 280 Peaches 8	Western Omelet 351 w/ Cheese Sauce 115 Hash Browns 136 Broccoli 9 Fruit Loaf 160 Orange Juice 0	Pot Roast w/ Gravy 364 Garlic Mashed Potato 53 Peas & Carrots 72 Multigrain Bread 190 Fresh Apple 4	Honey Mustard Chicken 481 Florentine Rice 112 Italian Blend 36 WW Roll 160 Lemon Pudding 151 Diet: Diet Pudding 110	"Catch of the Day" 40 Herb Sauce 76 Roasted Potatoes 33 Brussel Sprouts 12 Honey Wheat Bread 135 Pears 4
Total Sodium: 609 Calories: 536 Carbs: 96	Total Sodium: 771 Calories: 653 Carbs: 81	Total Sodium: 682 Calories: 656 Carbs: 81	Total Sodium: 939 Calories: 504 Carbs: 75	Total Sodium: 299 Calories: 466 Carbs: 57
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Chicken w/ Pesto 320 Cream Sauce 65 Whipped Sweet Potato 33 Roman Blend 26 WW Bread 160 Applesauce 15	Sweet n' Sour Pork 75 Asian Rice 78 Oriental Vegetables 26 Dinner Roll 210 Pineapple 1 	Mini Raviolis 202 w/ Tomato Sauce 55 Italian Blend 26 WW Garlic Roll 160 Ambrosia 130	<b>No Meals Served</b> 	Turkey Tetrazini *542 w/ Spaghetti Carrot Coins 62 Multigrain Roll 190 Clementine 0
Total Sodium: 619 Calories: 427 Carbs: 64	Total Sodium: 390 Calories: 507 Carbs: 63	Total Sodium: 651 Calories: 492 Carbs: 70		Total Sodium: 793 Calories: 523 Carbs: 76
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
White Chili w/ Chicken 121 White/Brown Rice 36 Mixed Vegetables 41 Oatmeal Bread 121 Mandarin Oranges 7	American Chop Suey 211 Peas 58 Dinner Roll 210 Peaches 5	Portuguese Chicken 360 O'Brien Potatoes 117 Riviera Blend 16 WW Roll 160 Mixed Fruit Cup 6	Turkey w/ Gravy 455 Cranberry Sauce (2) 3 Garlic Mashed Potato 53 Winter Squash 13 Multigrain Bread 190 Apple Pie 190 Diet: Angel Food Cake 210	Fish Sandwich 252 Tartar Sauce 261 Potato Wedges 27 Roman Blend 26 HB Bun 230 Banana 1
Total Sodium: 324 Calories: 374 Carbs: 62	Total Sodium: 484 Calories: 461 Carbs: 67	Total Sodium: 658 Calories: 429 Carbs: 66	Total Sodium: 901 Calories: 762 Carbs: 129	Total Sodium: 796 Calories: 603 Carbs: 78
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Mac n' Cheese 403 Tomato Florentine 121 Oatmeal Roll 121 Mixed Fruit Cup 6	Chicken Bruschetta 394 Italian Pasta 1 Italian Blend Veg 26 WW Roll 160 Fresh Orange 0	Swedish Meatballs 341 Confetti Rice 43 Broccoli 9 Multigrain Bread 190 Low-Sugar Chocolate Cream Pie 209	<b>No Meals Served</b> 	Seafood Casserole *569 Fluffy Rice 36 Peas & Carrots 72 Oatmeal Bread 121 Pineapple 1
Total Sodium: 652 Calories: 572 Carbs: 75	Total Sodium: 581 Calories: 581 Carbs: 69	Total Sodium: 790 Calories: 630 Carbs: 85		Total Sodium: 799 Calories: 447 Carbs: 61
<b>29</b>	<b>30</b>	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	<b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b>  For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.	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.
Total Sodium: 779 Calories: 505 Carbs: 75	Total Sodium: 449 Calories: 585 Carbs: 84			

\* Indicates a food with more than 500 mg sodium.

Please inform Coastline if you have any food allergies.

\*\*\*Consumers should anticipate frequent menu substitutions in the near future due to supply chain shortages.\*\*\*

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