



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>Sodium (mg): Na⁺</p> <p>Hot Dog *550</p> <p>Mustard 55</p> <p>Baked Beans 36</p> <p>Cabbage & Carrots 47</p> <p>Hot Dog Roll 210</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 908</p> <p>Calories: 599 Carbs: 72</p>	<p>Sodium (mg): Na⁺</p> <p>Stuffed Shells w/ Alfredo Sauce 390</p> <p>Brussel Sprouts 115</p> <p>Oatmeal Roll 12</p> <p>Sugar Cookie 121</p> <p>Diet: Graham Wafer 171</p> <p>Total Sodium: 809</p> <p>Calories: 685 Carbs: 92</p>	<p>Sodium (mg): Na⁺</p> <p>Potato Pollock 150</p> <p>Tarter Sauce 261</p> <p>Roasted Potatoes 33</p> <p>Spring/Summer 57</p> <p>Vegetables 121</p> <p>Dinner Roll 210</p> <p>Applesauce 15</p> <p>Total Sodium: 726</p> <p>Calories: 574 Carbs: 77</p>
		<p>6</p> <p>Western Omelet 388</p> <p>Hash Browns 136</p> <p>Escalloped Tomatoes 143</p> <p>Fruit Loaf 160</p> <p>Orange Juice 5</p> <p>Total Sodium: 831</p> <p>Calories: 594 Carbs: 74</p>	<p>7</p> <p>Chicken Bruschetta 394</p> <p>Whipped Sweet 33</p> <p>Potatoes</p> <p>Tahitian Vegetables 38</p> <p>Oatmeal Bread 121</p> <p>Banana 1</p> <p>Total Sodium: 587</p> <p>Calories: 449 Carbs: 75</p>	<p>8</p> <p>Meatloaf w/ Gravy 131</p> <p>Lyonnais Potatoes 110</p> <p>Mixed Vegetables 112</p> <p>Wheat Bread 41</p> <p>Wheat Bread 115</p> <p>Brownie 132</p> <p>Diet: SF Cookie</p> <p>Total Sodium: 640</p> <p>Calories: 625 Carbs: 75</p>
<p>13</p> <p>Shepherd's Pie 271</p> <p>Peas & Mushrooms 133</p> <p>WW Roll 160</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 574</p> <p>Calories: 641 Carbs: 94</p>	<p>14</p> <p>Mac n' Cheese 404</p> <p>Green Beans 3</p> <p>Multigrain Roll 190</p> <p>Fresh Peach 5</p> <p>Total Sodium: 603</p> <p>Calories: 602 Carbs: 82</p>	<p>15</p> <p>Lemon Chicken 330</p> <p>Florentine Rice 112</p> <p>Glazed Carrots 83</p> <p>Oatmeal Roll 121</p> <p>Oatmeal Cookie 124</p> <p>Diet: SF Cookie</p> <p>Total Sodium: 769</p> <p>Calories: 581 Carbs: 64</p>	<p>16</p> <p>Pasta Bolognese 164</p> <p>Genoa Blend Vegetables 40</p> <p>Dinner Roll 210</p> <p>Pineapple 1</p> <p>Total Sodium: 415</p> <p>Calories: 560 Carbs: 79</p>	<p>17</p> <p>Chicken Cordon Blue *550</p> <p>Garlic Mash. Potatoe 53</p> <p>California Blend 27</p> <p>Dinner Roll 210</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 846</p> <p>Calories: 564 Carbs: 74</p>
<p>20 No Meals Served</p> 	<p>21</p> <p>Cheeseburger 387</p> <p>Ketchup 82</p> <p>Roasted Potatoes 33</p> <p>Chuckwagon Blend 2</p> <p>Vegetables</p> <p>Hamburger Roll 230</p> <p>Pineapple 1</p> <p>Total Sodium: 735</p> <p>Calories: 692 Carbs: 83</p>	<p>22</p> <p>Greek Chicken Meatballs 328</p> <p>Fluffy Rice 36</p> <p>Tuscan Vegetables 56</p> <p>Multigrain Bread 190</p> <p>Applesauce 15</p> <p>Total Sodium: 625</p> <p>Calories: 489 Carbs: 60</p>	<p>23</p> <p>Roast Pork w/ Gravy 71</p> <p>Cheesy Mash. Potato 121</p> <p>Mixed Vegetables 80</p> <p>Oatmeal Roll 41</p> <p>Mixed Fruit 121</p> <p>Total Sodium: 442</p> <p>Calories: 606 Carbs: 76</p>	<p>24</p> <p>Hungarian Turkey *523</p> <p>Skillet</p> <p>White/Brown Rice 36</p> <p>Cauliflower Supreme 15</p> <p>Dinner Roll 210</p> <p>Mandarin oranges 6</p> <p>Total Sodium: 790</p> <p>Calories: 462 Carbs: 59</p>
<p>27</p> <p>American Chop Suey 211</p> <p>Italian Blend 26</p> <p>Vegetables</p> <p>Multigrain Roll 121</p> <p>Pineapple 1</p> <p>Total Sodium: 359</p> <p>Calories: 453 Carbs: 67</p>	<p>28</p> <p>Broccoli Bake 387</p> <p>Potato Wedges 27</p> <p>Tomato Florentine 121</p> <p>Fruit Loaf 160</p> <p>Peaches 5</p> <p>Total Sodium: 700</p> <p>Calories: 790 Carbs: 77</p>	<p>29</p> <p>Curry Chicken 375</p> <p>Couscous 39</p> <p>Beets 162</p> <p>Wheat Bread 115</p> <p>Bistro Mini Tiramisu 230</p> <p>Diet: Low Sugar Cake 209</p> <p>Total Sodium: 922</p> <p>Calories: 608 Carbs: 73</p>	<p>30</p> <p>Beef Pot Roast 254</p> <p>Whipped Sweet 33</p> <p>Potato</p> <p>Brussel Sprouts 12</p> <p>Oatmeal Bread 121</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 429</p> <p>Calories: 545 Carbs: 66</p>	<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 742-9192 AT LEAST 24 hours in advance.</p>

* Indicates a food with more than 500 mg sodium.

Please inform Coastline if you have any food allergies.

Consumers should anticipate frequent menu substitutions due to supply chain shortages.

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