



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Sodium (mg): Na ⁺	4 Sodium (mg): Na ⁺	5 Sodium (mg): Na ⁺	6 Sodium (mg): Na ⁺
Cheeseburger 387 Potato Wedges 27 Zucchini & Tomato 39 Hamburger Roll 230 Mandarin Oranges 7	BBQ Pork Patty 280 Italian Penne 1 Green & Wax Beans 4 Multigrain Roll 190 Pineapple Chunks 1	Cheese Lasagna 359 Broccoli 12 WW Roll 160 Vanilla Pudding 174 Diet: SF Pudding 173	Mexican Chicken 413 Black Beans & Rice 28 Peppers & Onions 3 6" Flour Tortilla 236 Mixed Fruit w/ Coconut  10	Salmon w/ 67 Teriyaki Sauce 158 Orzo Pilaf 173 Peas 82 Multigrain Bread 190 Pears 4
Total Sodium: 689 Calories: 644 Carbs: 60	Total Sodium: 476 Calories: 492 Carbs: 72	Total Sodium: 705 Calories: 432 Carbs: 67	Total Sodium: 689 Calories: 500 Carbs: 65	Total Sodium: 674 Calories: 552 Carbs: 77
9	10	11	12	13
Hot Dog *550 Mustard Packet 55 Baked Beans 36 Mixed Veggies 41 Hot Dog Bun 210 Fresh Orange 0	Beef Chili 176 White Fluffy Rice 4 Corn Bread 190 Flavored Applesauce 15	Mac n' Cheese 404 Tomato Florentine 121 Wheat Roll 160 Peaches 5	Roast Turkey w/ Gravy 373 Cranberry Sauce (2) 3 Whipped Potato  52 Butternut Squash 2 Oatmeal Bread 121 Strawberry Shortcake 176 Diet: Low Sugar Cake 210	Meatball Sub 265 Hash Browns 136 Tuscany Blend 56 6" Sub Roll 162 Pineapple 1
Total Sodium: 892 Calories: 638 Carbs: 79	Total Sodium: 385 Calories: 443 Carbs: 69	Total Sodium: 691 Calories: 569 Carbs: 75	Total Sodium: 727 Calories: 711 Carbs: 124	Total Sodium: 620 Calories: 504 Carbs: 70
16	17	18	19	20
Chicken A La Vodka *517 Penne Pasta 1 Italian Blend Veg. 26 Scali Bread 310 Mandarin Oranges 7	Shepherd's Pie 271 Glazed Carrots 83 Multigrain Roll 190 Chocolate Chip Cookie 171 Diet: Graham Wafer 85	Pork Tetrazzini 223 California Blend 27 Wheat Roll 160 Peaches 5	Honey Mustard Chicken 374 Rice Medley 43 Mixed Veggies 41 Honey Wheat Bread 135 Banana 1	Breaded Fish Sandwich 337 Tartar Sauce 261 Au Gratin Potato 154 Chuckwagon Veg. 2 Hamburger Bun 230 Pears 4
Total Sodium: 861 Calories: 478 Carbs: 71	Total Sodium: 861 Calories: 478 Carbs: 71	Total Sodium: 415 Calories: 558 Carbs: 68	Total Sodium: 593 Calories: 478 Carbs: 90	Total Sodium: 987 Calories: 768 Carbs: 94
23	24	25	26	27
Broccoli & Cheese 338 Omelet Hash Browns 136 Whole Wheat Roll 160 Orange Juice 0	Grilled Chicken w/ Lemon Dill Sauce 331 Confetti Rice 43 Beets 162 Honey Wheat Bread 135 Fresh Apple 2	Meatloaf w/ Rosemary Gravy 131 Whipped Potato 124 Mixed Vegetables 52 Oatmeal Bread 41 Oatmeal Bread 121 French Style Cheesecake 330 Diet: Low Sugar Cake 210	Roast Pork w/ Mint Gravy 66 Delmonico Potato 8 Spring Blend 142 Multigrain Bread 57 Applesauce 190 Applesauce 15	Cheese Tortellini w/ Alfredo Sauce 187 Italian Blend 115 Snowflake Roll 26 Pears 260 Pears 5
Total Sodium: 684 Calories: 496 Carbs: 56	Total Sodium: 673 Calories: 450 Carbs: 68	Total Sodium: 799 Calories: 834 Carbs: 93	Total Sodium: 478 Calories: 527 Carbs: 64	Total Sodium: 594 Calories: 535 Carbs: 87
30 No Meals Served	31	<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>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>MEMORIAL DAY</p> 	<p>Honey Lime Chicken 393 Whipped Potato 52 Tarragon Carrots 77 Wheat Bread 115 Chocolate Pudding 191 Diet: SF Pudding 173</p> <p>Total Sodium: 828 Calories: 558 Carbs: 82</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.