



"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in</p> <p style="background-color: #90EE90; padding: 5px;">For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p>	<p>All Meals include:</p> <p>Milk: 100 Calories 107mg Sodium 12g Carbs</p> <p>Margarine: 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>IT'S SUMMER!</p>	<p>1 Sodium (mg): Na⁺</p> <p>Broccoli & Cheese 410</p> <p>Stuffed Chicken</p> <p>White/Brown Rice 36</p> <p>Glazed Carrots 83</p> <p>Oatmeal Roll 121</p> <p>Applesauce 20</p> <hr/> <p>Total Sodium: 664 Calories: 493 Carbs: 63</p>
 <p>4</p>	<p>5</p> <p>Beef & Cabbage 300</p> <p>Casserole</p> <p>Peas 82</p> <p>WW Roll 160</p> <p>Holiday Cookie 171</p> <p>Diet: Lorna Doone's 140</p> <hr/> <p>Total Sodium: 713 Calories: 551 Carbs: 92</p>	<p>6</p> <p>Chicken Mozambique 432</p> <p>Florentine Rice 112</p> <p>Tahitian Blend Veg. 38</p> <p>Multigrain Bread 190</p> <p>Fresh Orange 0</p> <hr/> <p>Total Sodium: 771 Calories: 458 Carbs: 61</p>	<p>7</p> <p>Beef Stew w/ 277</p> <p>Vegetables</p> <p>Garlic Mashed Potato 53</p> <p>Dinner Roll 210</p> <p>Mixed Fruit 10</p> <hr/> <p>Total Sodium: 549 Calories: 609 Carbs: 76</p>	<p>8</p> <p>Fish Nuggets 220</p> <p>Tartar Sauce 261</p> <p>Potato Wedges 27</p> <p>Summer Blend Veg 57</p> <p>Potato Bread 120</p> <p>Low Sugar Pudding 130</p> <hr/> <p>Total Sodium: 815 Calories: 631 Carbs: 72</p>
<p>11</p> <p>American Chop Suey 211</p> <p>Italian Blend 36</p> <p>Multigrain Roll 190</p> <p>Mandarin Oranges 7</p> <hr/> <p>Total Sodium: 433 Calories: 438 Carbs: 63</p>	<p>12</p> <p>Chicken w/ 320</p> <p>Soy Ginger Sauce 104</p> <p>Asian Rice 78</p> <p>Oriental Veg. 26</p> <p>WW Bread 160</p> <p>Chocolate Chip Cookie 171</p> <p>Diet: Low Sugar Cookie</p> <hr/> <p>Total Sodium: 859 Calories: 658 Carbs: 86</p>	<p>13</p> <p>Meatloaf w/ 131</p> <p>Mushroom Gravy 148</p> <p>Cheesy Mash. Potato 80</p> <p>Scandinavian Blend 42</p> <p>Multigrain Bread 190</p> <p>Fresh Nectarine 0</p> <hr/> <p>Total Sodium: 590 Calories: 597 Carbs: 83</p>	<p>14</p> <p>Roast Turkey w/ 384</p> <p>Gravy 70</p> <p>Cranberry Sauce 3</p> <p>Red Bliss Potatoes 4</p> <p>Squash 11</p> <p>Oatmeal Bread 121</p> <p>Mixed Fruit 10</p> <hr/> <p>Total Sodium: 603 Calories: 555 Carbs: 97</p>	<p>15</p> <p>Chicken Kielbasa *520</p> <p>Peppers & Onions 3</p> <p>Italian Style Pasta 1</p> <p>Sub Roll 162</p> <p>Applesauce 14</p> <hr/> <p>Total Sodium: 701 Calories: 514 Carbs: 73</p>
<p>18</p> <p>Shepherd's Pie 271</p> <p>Jardinière Blend Veg. 39</p> <p>WW Roll 160</p> <p>Mixed Fruit 10</p> <hr/> <p>Total Sodium: 480 Calories: 616 Carbs: 91</p>	<p>19</p> <p>Spanish Omelet 382</p> <p>Hash Browns 136</p> <p>Escalloped Tomatoes 143</p> <p>Fruit Loaf 102</p> <p>Orange Juice 0</p> <hr/> <p>Total Sodium: 763 Calories: 437 Carbs: 60</p>	<p>20</p> <p>Chicken Marsala 439</p> <p>Tricolor Rotini 1</p> <p>California Blend 27</p> <p>Oatmeal Bread 121</p> <p>Iced Brownie 160</p> <p>Diet: Low Sugar Cookie</p> <hr/> <p>Total Sodium: 748 Calories: 670 Carbs: 86</p>	<p>21</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>Pears 5</p> <hr/> <p>Total Sodium: 904 Calories: 596 Carbs: 72</p>	<p>22</p> <p>Salmon w/ 180</p> <p>Lemon Dill Sauce 111</p> <p>Parsley Mash. Potato 53</p> <p>Peas 82</p> <p>Multigrain Bread 190</p> <p>Banana 1</p> <hr/> <p>Total Sodium: 618 Calories: 547 Carbs: 95</p>
<p>25</p> <p>Italian Braised Beef 78</p> <p>Sour Cream & Chive 92</p> <p>Mashed Potatoes</p> <p>Brussel Sprouts 12</p> <p>Oatmeal Roll 160</p> <p>Fresh Apple 2</p> <hr/> <p>Total Sodium: 343 Calories: 575 Carbs: 72</p>	<p>26</p> <p>Pork Lentil Stew 356</p> <p>White/Brown Rice 36</p> <p>Roman Blend 26</p> <p>WW Roll 160</p> <p>Peaches 5</p> <hr/> <p>Total Sodium: 583 Calories: 627 Carbs: 77</p>	<p>27</p> <p>Chicken Divan 282</p> <p>Oven Roasted Potatoes 33</p> <p>Dinner Roll 210</p> <p>Strawberry Cheesecake 320</p> <p>Diet: Low Sugar Cake 210</p> <hr/> <p>Total Sodium: 840 Calories: 781 Carbs: 73</p>	<p>28</p> <p>Mac n' Cheese 403</p> <p>Escalloped Tomatoes 143</p> <p>Snowflake Roll 260</p> <p>Fresh Orange 0</p> <hr/> <p>Total Sodium: 807 Calories: 654 Carbs: 91</p>	<p>29</p> <p>Honey Ginger Chicken 393</p> <p>Mashed Potatoes 52</p> <p>Tarragon Carrots 77</p> <p>Multigrain Bread 190</p> <p>Mixed Fruit 10</p> <hr/> <p>Total Sodium: 723 Calories: 532 Carbs: 83</p>

* Indicates a food with more than 500mg 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.