



Monday	Tuesday	Wednesday	Thursday	Friday
3 Sodium (mg): Na ⁺	4 Sodium (mg): Na ⁺	5 Sodium (mg): Na ⁺	6 Sodium (mg): Na ⁺	7 Sodium (mg): Na ⁺
Macaroni & Cheese 404 Florentine Tomatoes 121 Snowflake Roll 260 Fresh Orange 0	Sopa de Abobora 297 Carne Asada 254 Roasted Potatoes 33 Oatmeal Roll 121 Rice Pudding 160 Diet: Diet Pudding	Greek Meatballs 328 Orzo 173 Country Blend Veg. 32 WW Roll 160 Mandarin Oranges 7	Roast Turkey w/ Gravy 373 Mashed Potatoes 52 Peas & Portobello Mushrooms 11 Multigrain Bread 190 Iced Brownie 162 Diet: Low-Sugar Cookie	Spinach Omelet 382 Potato Wedges 27 Chickpea Blend 52 Vegetables 160 Fruit Loaf 170 Pineapple 1
Total Sodium: 786 Calories: 644 Carbs: 89	Total Sodium: 865 Calories: 679 Carbs: 80	Total Sodium: 700 Calories: 607 Carbs: 76	Total Sodium: 789 Calories: 775 Carbs: 112	Total Sodium: 632 Calories: 600 Carbs: 81
10 No Meals Served 	11 Hotdog *550 Mustard 55 Baked Beans 36 Glazed Carrots 83 Hotdog Roll 210 Pears 5	12 Sweet n' Sour Chicken 324 Confetti Rice 43 Fall/Winter Blend 15 WW Bread 160 Applesauce 15	13 BBQ Pork Rib 280 Mashed Sweet Potato 33 Hot German Slaw 81 Hamburger Roll 230 Chocolate Pudding 191 Diet: Diet Pudding	14 Potato Pollock 220 Tarter Sauce 261 Au Gratin Potatoes 154 Green Beans 3 Oatmeal Roll 121 Apricots 7
	Total Sodium: 939 Calories: 620 Carbs: 77	Total Sodium: 556 Calories: 399 Carbs: 56	Total Sodium: 814 Calories: 507 Carbs: 78	Total Sodium: 765 Calories: 575 Carbs: 68
17 Italian Braised Beef 78 Roasted Potatoes 33 Mixed Vegetables 41 Multigrain Bread 190 Pineapple 1	18 Minestrone Soup 239 Cheese Lasagna w/ 290 Tomato Basil Sauce 55 Snowflake Roll 260 Banana 1	19 Crustless Chicken 273 Pot Pie w/ Vegetables 52 Mashed Potato 340 Biscuit 10 Mixed Fruit	20 Meatloaf w/ 131 Mushroom Gravy 148 Red Bliss Potatoes 4 Tahitian Blend Veg. 38 Oatmeal Bread 121 Applesauce 15	21 Baked Salmon w/ 67 Salsa Tropical 44 Yellow Rice 31 Green Beans 3 WW Bread 160 Peach Cup 0
Total Sodium: 342 Calories: 552 Carbs: 76	Total Sodium: 845 Calories: 592 Carbs: 101	Total Sodium: 676 Calories: 571 Carbs: 74	Total Sodium: 456 Calories: 467 Carbs: 61	Total Sodium: 306 Calories: 495 Carbs: 73
24 Turkey Stew *587 with Vegetables Penne Pasta 1 WW Roll 160 Granny Smith Apple 2	25 Roast Pork w/ 66 Rosemary Gravy 124 Garlic Mashed Potato 53 Genoa Blend Veg. 40 WW Bread 160 Apricots 10	26 High Sodium Day Chicken la Orange 423 Scalloped Potatoes 185 Brussel Sprouts 12 Multigrain Bread 190 Red Velvet Cake 230 Diet: Low-Sugar Cake 210	27 American Chop Suey 211 Broccoli 12 Dinner Roll 210 Peach Cup 0	28 Vegetable Chili 213 Brown Rice 5 Oatmeal Roll 121 Pineapple 1
Total Sodium: 749 Calories: 473 Carbs: 76	Total Sodium: 453 Calories: 612 Carbs: 80	Total Sodium: 1040 Calories: 638 Carbs: 72	Total Sodium: 433 Calories: 466 Carbs: 69	Total Sodium: 340 Calories: 495 Carbs: 96
31 Chicken & Rice Paella 217 Chickpea Blend Veg. 52 Rye Bread 300 Holiday Cookie 210 Diet: Lorna Doone's 	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.	For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call (508) 742-9192 AT LEAST 24 hours in advance.	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	
Total Sodium: 778 Calories: 536 Carbs: 100				

* 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.