



Monday	Tuesday	Wednesday	Thursday	Friday
<b>All Meals include:</b>  <b>Milk:</b> 110 Calories 125mg Sodium 13g Carbs  <b>Margarine:</b> 36 Calories 47mg Sodium  	<b>1</b> Sodium (mg): Na* Bok Choy Soup 99 Beef Stir Fry 342 Lo Mein 1 Oatmeal Roll 121 Pears 5  Total Sodium: 595 Calories: 556 Carbs: 88	<b>2</b> Sodium (mg): Na* Hot Dog* 550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 HD Roll 210 Mixed Fruit 10  Total Sodium: 908 Calories: 599 Carbs: 72	<b>3</b> Sodium (mg): Na* Buttermilk Chicken 459 Red Bliss Potato 4 Broccoli 12 WW Roll 160 Peach Cup 0    Total Sodium: 636 Calories: 443 Carbs: 65	<b>4</b> Sodium (mg): Na* Shrimp Mozambique 325 Yellow Rice 31 Green Beans 57 Multigrain Bread 190 Fresh Apple 2  Total Sodium: 552 Calories: 692 Carbs: 78
<b>7</b> Adobo Pulled Pork 84 Rice & Beans 31 Cabbage & Carrots 47 Multigrain Bread 190 Apricots 10  Total Sodium: 362 Calories: 600 Carbs: 70	<b>8</b> Tossed Salad w/ Dressing 124 Chicken Marsala 439 Italian Pasta 1 Oatmeal Bread 121 Fresh Orange 0    Total Sodium: 684 Calories: 505 Carbs: 61	<b>9</b> Spinach & Cheese 393 Omelet Hash Browns 136 Tomato Florentine 121 Fruit Loaf 160 Pineapple  Total Sodium: 811 Calories: 614 Carbs: 79	<b>10</b> Roast Turkey w/ Cranberry Sauce Gravy 303 Mashed Potatoes 52 Carrots & Turnips 11 Snowflake Roll 260 Pumpkin Pie 190 Diet: LS Pumpkin Pudding 100    Total Sodium: 945 Calories: 674 Carbs: 89	<b>11</b> <b>No Meals Served</b>  
<b>14</b> Hawaiian Meatballs 214 Bowtie Pasta 1 Asian Blend 26 Scali Bread 120 Peach Cup 0    Total Sodium: 361 Calories: 527 Carbs: 77	<b>15</b> Veggie Chili 213 Dirty Rice 137 WW Roll 160 Pears 5  Total Sodium: 472 Calories: 443 Carbs: 83	<b>16</b> Cream of Carrot & Celery Soup 130 Meatloaf w/ Rosemary Gravy 240 Mashed Potatoes 52 Oatmeal Roll 121 Banana 1    Total Sodium: 669 Calories: 630 Carbs: 92	<b>17</b> Chicken Piccata 424 Au Gratin Potato 154 Roman Blend 26 Whole Wheat Bread 190 Hermit Cookie 108 Diet: Lorna Doone's 56  Total Sodium: 902 Calories: 506 Carbs: 56	<b>18</b> Salmon w/ Lemon Dill Sauce 67 Rice Pilaf 111 Italian Blend Veg. 59 Multigrain Bread 26 Applesauce 190 Applesauce 15  Total Sodium: 468 Calories: 491 Carbs: 69
<b>21</b> Chicken Cordon Blue* 550 Red Bliss Potato 4 Brussel Sprouts 12 Dinner Roll 210 Pineapple 1  Total Sodium: 777 Calories: 521 Carbs: 69	<b>22</b> Sazon Pork Loin 124 Roasted Yams 31 Collard Greens 33 Oatmeal Roll 121 Apricots 10    Total Sodium: 318 Calories: 510 Carbs: 64	<b>23</b> Mac n' Cheese 404 Escalloped Tomatoes 143 Riviera Blend Veg. 16 Fruit Loaf 160 Mixed Fruit 10  Total Sodium: 734 Calories: 724 Carbs: 98	<b>24</b> <b>No Meals Served</b>  	<b>25</b> <b>No Meals Served</b>  
<b>28</b> Lasagna w/ Meat Sauce 290 Peas & Mushrooms 123 Dinner Roll 133 Fresh Orange 210 Pineapple 0    Total Sodium: 756 Calories: 587 Carbs: 78	<b>29</b> Tossed Salad w/ Dressing 124 Beef & Broccoli 108 White/Brown Rice 36 WW Roll 160 Pineapple 1  Total Sodium: 429 Calories: 595 Carbs: 66	<b>30</b> Honey Mustard Chicken 481 Whipped Sweet Potato 33 Green Beans 3 Oatmeal Bread 121 Mini Key Lime Pie 130 Diet: LS Jello Cake 230  Total Sodium: 768 Calories: 614 Carbs: 89	<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.  The total carbohydrates NOW reflect the lower sugar dessert items.

\* 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.**