











Monday	Tuesday	Wednesday	Thursday	Friday
<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>The total carbohydrates reflect the lower sugar dessert items.</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>	<p>1 Sodium (mg): Na⁺</p> <p>Roast Pork 71 Rosemary Gravy 124 Garlic Mashed Potato 53 Genoa Blend Vegetables 40 Multigrain Bread 190 Applesauce 14</p> <p>Total Sodium: 492 Calories: 601 Carbs: 75</p>	<p>2 Sodium (mg): Na⁺</p> <p>"Catch of the Day" 180 Lemon Dill Sauce 111 Rice Pilaf 134 Roman Blend Veggies 26 Dinner Roll 210 Pears 4</p> <p>Total Sodium: 666 Calories: 368 Carbs: 54</p>
<p>5</p> <p>Chicken Piccata 424 Rice Florentine 112 Brussel Sprouts 12 WW Roll 160 Banana 1</p> 	<p>6</p> <p>Beef Stroganoff 290 Egg Noodles 35 Carrots 77 Oatmeal Bread 121 Apricots 10</p>	<p>7</p> <p>Tossed Salad w/ Dressing 124 Turkey a La King 215 Rice 36 Snowflake Roll 260 Fresh Orange 0</p>	<p>8 High Sodium Meal</p> <p>Ham w/ Raisin Sauce *983 Red Bliss Potatoes 4 Green Beans & Peppers 16 Wheat Bread 115 Iced Brownie 160 Diet: Butterscotch Pudding 100</p>	<p>9</p> <p>Fish Nuggets 360 Tartar Sauce 261 Potato Wedges 27 Peas & Mushrooms 133 Multigrain Bread 190 Peaches 5</p>
<p>Total Sodium: 708 Calories: 463 Carbs: 66</p>	<p>Total Sodium: 533 Calories: 691 Carbs: 69</p>	<p>Total Sodium: 588 Calories: 588 Carbs: 77</p>	<p>Total Sodium: 1279 Calories: 622 Carbs: 82</p>	<p>Total Sodium: 975 Calories: 707 Carbs: 91</p>
<p>12</p> <p>Chicken Fajitas 275 Rice & Beans 35 Peppers & Onions 3 6" Tortilla 190 Apricots 10</p>	<p>13</p> <p>Beef Burgundy 241 Penne Pasta 35 Mixed Vegetables 41 Multigrain Roll 190 Caramel Apple Pie *500 Diet: Fresh Fruit</p>	<p>14</p> <p>Broccoli & Cheese Bake 387 Hash Browns 136 Escalloped Tomatoes 143 Fruit Loaf 160 Orange Juice 0</p>	<p>15</p> <p>Vegetable Soup 174 Meatloaf w/ 240 Mushroom Gravy 148 Mashed Potato 52 Oatmeal Roll 121 Pineapple Whip 87</p> 	<p>16</p> <p>Mac n' Cheese 404 Tomato Florentine 121 Snowflake Roll 210 Mandarin Oranges 6</p>
<p>Total Sodium: 514 Calories: 466 Carbs: 67</p>	<p>Total Sodium: 697 Calories: 743 Carbs: 90</p>	<p>Total Sodium: 826 Calories: 770 Carbs: 79</p>	<p>Total Sodium: 822 Calories: 567 Carbs: 85</p>	<p>Total Sodium: 742 Calories: 570 Carbs: 74</p>
<p>19</p> <p>Hot Dog *550 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Pears 4</p> 	<p>20</p> <p>Kale Soup 131 Portuguese Chicken 357 Tomato Rice 26 WW Roll 160 Fresh Banana 2</p>	<p>21</p> <p>Sweet & Sour Meatballs 214 Brown/White Rice 36 Jardinière Blend 39 Oatmeal Roll 121 Mixed Fruit 10</p>	<p>22</p> <p>American Chop Suey 297 Winter Blend Veg. 15 Multigrain Roll 190 Sugar Cookie 181 Diet: SF Cookie</p> 	<p>23</p> <p>Salmon w/ Cream Sauce 155 Red Bliss Potatoes 4 Peas 82 Scali Bread 310 Fresh Orange 0</p>
<p>Total Sodium: 847 Calories: 584 Carbs: 69</p>	<p>Total Sodium: 716 Calories: 484 Carbs: 75</p>	<p>Total Sodium: 420 Calories: 473 Carbs: 63</p>	<p>Total Sodium: 596 Calories: 636 Carbs: 86</p>	<p>Total Sodium: 529 Calories: 537 Carbs: 84</p>
<p>26</p> <p>No Meals Served</p> 	<p>27</p> <p>Egg Salad 373 Pasta Salad 56 Cole Slaw 81 WW Roll 160 Peaches 5</p> <p>Total Sodium: 675 Calories: 474 Carbs: 65</p>	<p>28</p> <p>Buttermilk Chicken 459 Parsley Mashed Potato 52 Green Beans 3 Oatmeal Bread 121 Red Velvet Cake 230 Diet: Low Sugar Jell-O Cake 210</p> <p>Total Sodium: 866 Calories: 661 Carbs: 79</p>	<p>29</p> <p>Roast Turkey w/ Gravy 373 Au Gratin Potato 154 Winter Squash 11 Multigrain Bread 190 Applesauce 14</p> <p>Total Sodium: 743 Calories: 507 Carbs: 76</p>	<p>30</p> <p>Seafood Stew w/ Shrimp *521 Yellow Rice 31 Chickpea Salad 52 Dinner Roll 210 Banana 1</p>  <p>Total Sodium: 815 Calories: 485 Carbs: 79</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.