



Monday	Tuesday	Wednesday	Thursday	Friday	
		<b>1</b> Sodium (mg): Na <sup>+</sup>	<b>2</b> Sodium (mg): Na <sup>+</sup>	<b>3</b> Sodium (mg): Na <sup>+</sup>	
		Pea Soup 89 Meatloaf w/ 240 Onion Mushroom Gravy 148 Parsley Mash. Potato 53 Oatmeal Roll 121 Mixed Fruit 10 Total Sodium: 661 Calories: 588 Carbs: 86	Sazon Pork Loin 187 Roasted Yams 33 Collard Greens 12 Wheat Bread 121 Fresh Apple 2 Total Sodium: 355 Calories: 535 Carbs: 70	Shrimp Mozambique 217 Yellow Rice 134 Green Beans 3 Dinner Roll 210 Mandarin Oranges 6 Total Sodium: 570 Calories: 501 Carbs: 56	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
Chicken Fajitas 275 Rice & Beans 35 Peppers & Onions 3 6" Tortilla 236 Applesauce 15 Total Sodium: 564 Calories: 446 Carbs: 55	German Beef Stew 277 W/ Vegetables Cheesy Mash. Potato 80 Multigrain Roll 190 Fresh Orange 0 Total Sodium: 577 Calories: 636 Carbs: 81	Roast Turkey w/ 384 Cranberry Sauce Gravy 70 Mashed Potato 52 Winter Squash 11 WW Bread 160 Brownie 132 Diet: Graham Wafers 85 Total Sodium: 809 Calories: 680 Carbs: 93	Three Bean Chili 213 White/Brown Rice 36 Oatmeal Roll 121 Peaches 5 Total Sodium: 375 Calories: 449 Carbs: 81	Macaroni & Cheese 404 Tomato Florentine 121 Dinner Roll 210 Pineapple 1 Total Sodium: 736 Calories: 598 Carbs: 81	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
Swedish Meatballs 341 Egg Noodles 35 Broccoli w/ Cheese Sauce 223 Oatmeal Roll 121 Pears 5 Total Sodium: 725 Calories: 657 Carbs: 70	Stuffed Shells w/ 390 Tomato Sauce 55 California Vegetables 27 Multigrain Roll 190 Red Velvet Cupcake 230 Diet: Low Sugar Cake 210 Total Sodium: 702 Calories: 502 Carbs: 61	Gypsy Soup 169 Chicken w/ Peach Salsa 365 White/Brown Rice 36 WW Roll 160 Mandarin Oranges 6 Total Sodium: 736 Calories: 427 Carbs: 59	Beef & Cabbage Casserole 300 Carrots 77 Snowflake Roll 260 Apricots 5 Total Sodium: 642 Calories: 468 Carbs: 71	"Catch of the Day" 180 Lemon Dill Sauce 111 Florentine Rice 112 Brussel Sprouts 12 Multigrain Bread 190 Mixed Fruit 10 Total Sodium: 615 Calories: 383 Carbs: 57	
<b>20</b> No Meals Served 	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
		BBQ Chicken 497 Potato Wedges 27 Chuckwagon Corn 2 Multigrain Bread 190 Fresh Orange 0 Total Sodium: 716 Calories: 571 Carbs: 85	Lasagna Roll Up w/ 359 Tomato Basil Sauce 55 Roman Vegetables 26 Dinner Roll 210 Key Lime Pie 209 Diet: Low Sugar Cake 210 Total Sodium: 859 Calories: 545 Carbs: 70	Hot Dog *550 Mustard 55 Baked Beans 36 German Slaw 81 HD Roll 210 Pears 5 Total Sodium: 937 Calories: 600 Carbs: 71	Spanish Omelette 382 Hash Browns 136 Peppers & Onions 3 Fruit Muffin 160 Applesauce 15 Total Sodium: 696 Calories: 564 Carbs: 78
<b>27</b>	<b>28</b>	<b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b>		All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium	
Curry Chicken 375 Bowtie Pasta 1 Beets 162 WW Bread 160 Mandarin Oranges 6 Total Sodium: 704 Calories: 416 Carbs: 63	Beef Stir Fry 342 Jasmin Rice 4 Oatmeal Roll 121 Banana 1 Total Sodium: 468 Calories: 438 Carbs: 68	For Reservations/ Cancellations, call (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 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.**