




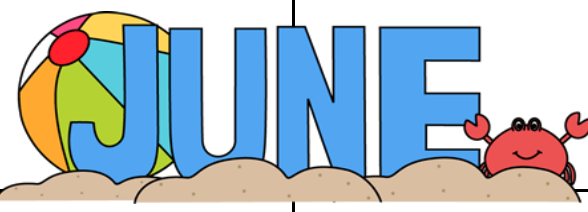




Monday	Tuesday	Wednesday	Thursday	Friday
3 Sodium (mg): Na+ Stuffed Shells 390 Tomato Florentine 50 Broccoli 12 Oatmeal Roll 121 Sliced Apple 10 Total Sodium: 583 Calories: 392 Carbs: 63	4 Sodium (mg): Na+ Chicken Paella 326 Chickpea Blend 52 Dinner Roll 90 Mixed Fruit 10  Total Sodium: 597 Calories: 688 Carbs: 122	5 Sodium (mg): Na+ Hot Dog* 550 Mac N' Cheese 116 Mustard 55 Green Beans 3 Hot Dog Roll 210 Mandarin Oranges 6 Total Sodium: 930 Calories: 571 Carbs: 55	6 Sodium (mg): Na+ Tossed Salad w/ Dressing 124 Lazy Man Stuffed 237 Peppers Carrot Coins 77 Oatmeal Roll 121 Fudge Round 171 Diet: Fig Newton Total Sodium: 745 Calories: 706 Carbs: 88	7 Sodium (mg): Na+ Potato Pollock 337 Tarter Sauce* 261 Roasted Potatoes 33 Peas & Mushroom 133 WW Bread 160 Pineapple 1 Total Sodium: 920 Calories: 717 Carbs: 89
10 Sodium (mg): Na+ Western Cheese 393 Omelet Hash Browns 136 Peppers & Onions 3 Apple Breakfast Bites 190 Orange Juice 5 Total Sodium: 727 Calories: 585 Carbs: 68	11 Sodium (mg): Na+ Baked Cod 220 w/ Lemon Dill Sauce 110 Rice Pilaf 134 Italian Blend 26 Multigrain Bread 190 Tropical Fruit 10 Total Sodium: 681 Calories: 417 Carbs: 64	12 Sodium (mg): Na+ Kale Soup 166 Meatloaf w/ Gravy 350 Whipped Sweet Potato 33 Mixed Vegetables 41 Wheat Bread 115 Mixed Fruit 10 Total Sodium: 700 Calories: 505 Carbs: 86	13 Sodium (mg): Na+ Beef Teriyaki 254 Veggie LoMein 28 Zucchini & Tomato 39 Dinner Roll 210 Banana Cake 209 Diet: Lorna Doons 190 Total Sodium: 886 Calories: 754 Carbs: 100	14 Sodium (mg): Na+ Honey Mustard Chicken 212 Mashed Potato 49 Glazed Carrots 83 Oatmeal Roll 121 Fresh Peach Total Sodium: 464 Calories: 474 Carbs: 81
17 Sodium (mg): Na+ Sweet & Sour Meatballs 214 Bow Tie Noodles 1 Green Beans 3 Multigrain Roll 190 Applesauce 15 Total Sodium: 423 Calories: 504 Carbs: 72	18 Sodium (mg): Na+ BBQ Pork Sandwich 307 German Potato Salad 85 Brussel Sprouts 85 Hamburger Roll 230 Red Velvet Cake 230 Diet: Low Sugar Cake Total Sodium: 864 Calories: 604 Carbs: 70	19 Sodium (mg): Na+ 	20 Sodium (mg): Na+ Vegetable Soup 170 Chicken Bruschetta 394 Rice Pilaf 134 Tahitian Vegetables 38 Oatmeal Bread 121 Banana 1 Total Sodium: 825 Calories: 492 Carbs: 76	21 Sodium (mg): Na+ Lasagna 359 w/ Tomato Basil Sauce 55 Broccoli 12 Dinner Roll 210 Pears  Total Sodium: 640 Calories: 353 Carbs: 58
24 Sodium (mg): Na+ Mexicali Chicken 413 Spanish Rice 22 Green Beans & Tomato 68 WW Bread 160 Mixed Fruit  Total Sodium: 673 Calories: 379 Carbs: 56	25 Sodium (mg): Na+ Cheeseburger* 581 Ketchup* 82 Roasted Potatoes 28 Hot German Slaw 81 Hamburger Roll 230 Pineapple 1 Total Sodium: 1003 Calories: 586 Carbs: 72	26 Sodium (mg): Na+ Portuguese Seafood Stev 564 Yellow Rice 31 Green Beans 3 Multigrain Roll 190 Birthday Cake 209 Total Sodium: 998 Calories: 591 Carbs: 92	27 Sodium (mg): Na+ Roast Pork 71 w/ Gravy 113 Red Bliss Potatoes 15 Mixed Vegetables 41 Oatmeal Roll 121 Peaches 5 Total Sodium: 365 Calories: 489 Carbs: 59	28 Sodium (mg): Na+ Chicken Stir-Fry 246 Fried Rice 131 WW Roll 160 Mandarin Oranges 7  Total Sodium: 544 Calories: 378 Carbs: 55
		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call (508) 999-6400 ext. 3 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.