



Monday	Tuesday	Wednesday	Thursday	Friday
<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.</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>All Meals include:</p> <p><u>Milk:</u> 99 Calories 104mg Sodium 12g Carbs</p> <p><u>Margarine:</u> 36 Calories 33mg Sodium</p>	<p>Meals now being supplied by</p>	<p>1 Sodium (mg): Na⁺</p> <p>Shepard's Pie 426 w/ Peas & Carrots Corn 20 Cornbread Loaf 180 Peach Cup 5</p> <p>Total Sodium: 609 Calories: 650 Carbs: 78</p>
<p>4 A</p> <p>Chicken Fajita Bowl 280 Mexican Rice 71 Black Beans, Corn & Peppers 88 Wheat Bread 65 Applesauce 2</p> <p>Total Sodium: 504 Calories: 629 Carbs: 91</p>	<p>5 A</p> <p>Beef Stew 330 Brussel Sprouts 26 Cornbread Loaf 180 Chocolate Pudding 130 Diet: Fruit </p> <p>Total Sodium: 664 Calories: 674 Carbs: 60</p>	<p>6 A</p> <p>Garden Salad w/ Ranch 60 Salmon Florentine 182 White Rice 25 Green Beans w/ Red Peppers 25 Wheat Bread 65 Raisins 4</p> <p>Total Sodium: 359 Calories: 728 Carbs: 93</p>	<p>7 A</p> <p>Rosemary Garlic Chicken 143 Mashed Potatoes 124 Mixed Root Veg 65 Hawaiian Roll 80 Oatmeal Cookie 105</p> <p>Total Sodium: 515 Calories: 743 Carbs: 78</p>	<p>8 A</p> <p>Cheese Tortellini 175 w/ Sage Cream Sauce 190 Carrots 56 Wheat Roll 150 Mixed Fruit 10</p> <p>Total Sodium: 579 Calories: 547 Carbs: 61</p>
<p>11 No Meals Served</p>	<p>12 B</p> <p>Pot Roast* 587 w/ Brown Gravy Mashed Sweet Potatoes 140 California Blend 34 Wheat Bread 65 Pear 2</p> <p>Total Sodium: 826 Calories: 572 Carbs: 95</p>	<p>13 B</p> <p>Caprese Chicken 290 Orzo 2 Green Beans w/ Peppers 20 Wheat Roll 150 Vanilla Pudding 130 Diet: Fruit</p> <p>Total Sodium: 590 Calories: 679 Carbs: 74</p>	<p>14 B</p> <p>American Chop Suey 280 Carrots 56 Wheat Bread 65 Cinnamon Apples 3</p> <p>Total Sodium: 403 Calories: 572 Carbs: 68</p>	<p>15 B</p> <p>Honey Garlic Shrimp 455 White Rice 25 Corn w/ Peppers 21 Wheat Bread 65 Chocolate Chip Cookie 70 Diet: Fruit</p> <p>Total Sodium: 634 Calories: 655 Carbs: 103</p>
<p>18 A</p> <p>Pork Chop w/ Apple Chutney 85 Butternut Squash 3 Broccoli 29 Dinner Roll 250 Chocolate Pudding 130 Diet: Fruit</p> <p>Total Sodium: 652 Calories: 832 Carbs: 78</p>	<p>19 A</p> <p>Italian Sausage Soup 242 Tuscan Chicken 255 Mashed Potatoes 124 Vegetable Medley 55 Wheat Bread 65 Pear 2</p> <p>Total Sodium: 741 Calories: 858 Carbs: 113</p>	<p>20 A</p> <p>Chili Dog w/ Cheese* 704 Roasted Potatoes 85 Carrots 56 Hot Dog Bun 85 Banana 2</p> <p>Total Sodium: 930 Calories: 742 Carbs: 84</p>	<p>21 High Sodium Meal</p> <p>Roast Turkey w/ Gravy 400 Cranberry Herb Stuffing 480 Green Beans 20 Wheat Bread 65 Apple Pie 250 Diet: Fruit</p> <p>Total Sodium: 1215 Calories: 757 Carbs: 67</p>	<p>22 A</p> <p>Herb Crusted Fish w/ Lemon Wedge 425 Tartar Sauce 110 Orzo 4 Broccoli 29 Wheat Bread 65 Peach Cup 5</p> <p>Total Sodium: 636 Calories: 598 Carbs: 87</p>
<p>25 B</p> <p>Broccoli Cheddar 410 Stuffed Chicken 124 Mashed Potatoes 124 Mixed Root Veg 65 Hawaiian Roll 80 Applesauce 2</p> <p>Total Sodium: 679 Calories: 549 Carbs: 75</p>	<p>26 B</p> <p>Wild Rice & Veg Soup 141 Salisbury Steak* 650 White Rice 25 Brussel Sprouts 26 Wheat Bread 65 Pear 2</p> <p>Total Sodium: 907 Calories: 703 Carbs: 105</p>	<p>27 B</p> <p>Chicken Alfredo* 610 Whole Grain Pasta 4 Broccoli 29 Hawaiian Roll 80 Banana 1</p> <p>Total Sodium: 722 Calories: 597 Carbs: 79</p>	<p>28 No Meals Served</p>	<p>29 No Meals Served</p>

* Indicates a food with more than 500 mg sodium.

Consumers should anticipate frequent menu substitutions due to supply chain shortages.

Please inform Coastline if you have any food allergies.

Your voluntary \$3 donation today, provides more meals tomorrow.