



| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <b>2</b> Sodium (mg): Na <sup>+</sup><br>Cheese Lasagna* 610<br>w/ Marinara Sauce<br>Green Peas 20<br>Wheat Roll 150<br>Peaches 5<br> | <b>3</b> Sodium (mg): Na <sup>+</sup><br>Meatloaf w/ Gravy* 546<br>Mashed Potatoes 124<br>Mixed Vegetables 51<br>Wheat Bread 65<br>Shortbread Cookie 150<br>Diet: Fruit                         | <b>4</b> Sodium (mg): Na <sup>+</sup><br>Pulled Pork Tacos 319<br>w/ Lime Wedge<br>Mexican Rice 71<br>Black Beans, Corn & Peppers 61<br>Mini Tortillas (2) 270<br>Pear 2           | <b>5</b> Sodium (mg): Na <sup>+</sup><br>Chicken Anna Maria 270<br>Roasted Potatoes 124<br>Spinach & Peppers 65<br>Wheat Bread 65<br>Vanilla Pudding 130<br>Diet: Fruit  | <b>6</b> Sodium (mg): Na <sup>+</sup><br>Teriyaki Shrimp* 561<br>White Rice 25<br>Edamame & Corn 21<br>Wheat Roll 150<br>Cinnamon Apples 3  |
| Total Sodium: 782<br>Calories: 493 Carbs: 76   | Total Sodium: 936<br>Calories: 707 Carbs: 87  | Total Sodium: 723<br>Calories: 625 Carbs: 102  | Total Sodium: 594<br>Calories: 656 Carbs: 70   | Total Sodium: 760<br>Calories: 561 Carbs: 86  |
| <b>9</b> Sodium (mg): Na <sup>+</sup><br>Beef w/ Peppers & Onions 155<br>Mashed Potatoes 124<br>Carrots 56<br>Dinner Roll 150<br>Apple 0   | <b>10</b> Sodium (mg): Na <sup>+</sup><br>Split Pea Soup 110<br>Stewed Chicken 174<br>Polenta 4<br>Vegetable Medley 54<br>WG Cornbread Loaf 180<br>Oatmeal Cookie 90<br>Diet: Fruit             | <b>11</b> Sodium (mg): Na <sup>+</sup><br>Beef Meatballs* 515<br>w/ Marinara<br>WG Pasta 4<br>Brussel Sprouts 26<br>Wheat Roll 150<br>Applesauce 2                                 | <b>12</b> Sodium (mg): Na <sup>+</sup><br>BBQ Chicken 385<br>Baked Beans 140<br>Vegetable Medley 54<br>Wheat Bread 65<br>Banana 0<br> | <b>13</b> Sodium (mg): Na <sup>+</sup><br>Tuscan White Fish 480<br>Rice Pilaf 50<br>Cali Blend Veg 34<br>Wheat Bread 65<br>Chocolate Pudding 130  |
| Total Sodium: 485<br>Calories: 540 Carbs: 77   | Total Sodium: 610<br>Calories: 755 Carbs: 101   | Total Sodium: 697<br>Calories: 453 Carbs: 64   | Total Sodium: 727<br>Calories: 612 Carbs: 105  | Total Sodium: 759<br>Calories: 691 Carbs: 85  |
| <b>16</b> Sodium (mg): Na <sup>+</sup><br>Hawaiian Chicken w/ Pineapple 238<br>Sweet Rice 38<br>Carrots 56<br>Wheat Bread 65<br>Pear 2   | <b>17</b> Sodium (mg): Na <sup>+</sup><br>Potato Pollock w/ Tartar Sauce 290<br>Veg Rice Pilaf 100<br>Green Peas 50<br>Wheat Roll 150<br>Chocolate Pudding 130                                  | <b>18</b> Sodium (mg): Na <sup>+</sup><br>Garden Salad w/ Italian 290<br>Stuffed Shells 230<br>w/ Turkey Bolognese 190<br>Mixed Vegetables 56<br>Hawaiian Roll 80<br>Mixed Fruit 0 | <b>19</b> <span style="color: red;">High Sodium Meal</span><br>Baked Ham* w/ Pineapple Raisin Sauce 754<br>Mashed Sweet Potato 141<br>Broccoli 29<br>Wheat Roll 150<br>Cinnamon Swirl 105<br>Diet: Fruit                 | <b>20</b> Sodium (mg): Na <sup>+</sup><br>Maple Bacon Chicken 419<br>Roasted Potatoes 85<br>Brussel Sprouts 26<br>Wheat Bread 65<br>Pear 2<br> |
| Total Sodium: 399<br>Calories: 679 Carbs: 99   | Total Sodium: 740<br>Calories: 730 Carbs: 95  | Total Sodium: 846<br>Calories: 617 Carbs: 60   | Total Sodium: 1179<br>Calories: 763 Carbs: 120   | Total Sodium: 597<br>Calories: 586 Carbs: 98  |
| <b>23</b> Sodium (mg): Na <sup>+</sup><br>Beef Stew 330<br>Kale & Peppers 29<br>Cornbread Loaf 180<br>Pears 0<br>                   | <b>24</b> Sodium (mg): Na <sup>+</sup><br>Roast Turkey w/ Gravy 400<br>Mashed Potatoes 124<br>Green Beans 20<br>Dinner Roll 150<br>Vanilla Pudding 141  | <b>25</b> <b>No Meals Served</b><br><br><b>MERRY CHRISTMAS</b>                                  | <b>26</b> Sodium (mg): Na <sup>+</sup><br>Shepard's Pie w/ Carrots & Peas 302<br>Broccoli 124<br>Wheat Roll 29<br>Pear 150<br>      | <b>27</b> Sodium (mg): Na <sup>+</sup><br>Creamy Garlic Salmon 407<br>Rice Pilaf 50<br>Mixed Root Veg 65<br>Wheat Roll 135<br>Pound Cake 240<br>Diet: Fruit Cup   |
| Total Sodium: 539<br>Calories: 606 Carbs: 63   | Total Sodium: 835<br>Calories: 594 Carbs: 79  |  | Total Sodium: 605<br>Calories: 645 Carbs: 85   | Total Sodium: 895<br>Calories: 836 Carbs: 87  |
| <b>30</b> Sodium (mg): Na <sup>+</sup><br>Turkey Chili w/ Sweet Potatoes 372<br>Shredded Cheese 96<br>Cali Blend Veg 34<br>Wheat Roll 150<br>Cinnamon Apples 3   | <b>31</b> Sodium (mg): Na <sup>+</sup><br>Garden Vegetable Soup 197<br>Fried Chicken 186<br>Black Eyed Peas 141<br>Green Beans & Red Peppers 20<br>Hawaiian Roll 80<br>Chocolate Chip Cookie 80 | <p>All Meals include:</p> <p><u>Milk:</u><br/>99 Calories<br/>104mg Sodium<br/>12g Carbs</p> <p><u>Margarine:</u><br/>36 Calories<br/>33mg Sodium</p>                              |  | <p><b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b></p>   |
| Total Sodium: 653<br>Calories: 629 Carbs: 68   | Total Sodium: 702<br>Calories: 826 Carbs: 94  | <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 Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.</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 \$3 donation today, provides more meals tomorrow.**