



Monday	Tuesday	Wednesday	Thursday	Friday	
3 Sodium (mg): Na ⁺ Tuscan Chicken 254 Mashed Potatoes 22 Vegetable Medley 54 Wheat Bread 65 Pudding 130 Diet: Fruit Cup	4 Sodium (mg): Na ⁺ Garden Vegetable Soup 187 Beef w/ Peppers & Onions 155 Orzo 4 Wheat Roll 150 Pear  0	5 Sodium (mg): Na ⁺ Teriyaki Salmon 456 White Rice 25 Broccoli 29 Wheat Roll 150 Cinnamon Apples 3	6 Sodium (mg): Na ⁺ Chicken Anna Maria 470 Mashed Potatoes 22 Mixed Vegetables 51 Wheat Bread 65 Fig Newton 180 Diet: Fruit Cup	7 Sodium (mg): Na ⁺ Meatloaf * 546 w/ Gravy Roasted Potatoes 85 Spinach & Peppers 65 Cornbread Loaf 180 Mandarin Oranges 5	
Total Sodium: 525 Calories: 700 Carbs: 80	Total Sodium: 496 Calories: 542 Carbs: 75	Total Sodium: 663 Calories: 542 Carbs: 79	Total Sodium: 788 Calories: 706 Carbs: 67	Total Sodium: 881 Calories: 591 Carbs: 68	
10 B Pulled Pork Tacos w/ Lime 415 Brown Rice 20 Black Beans, Corn & Peppers 61 Mini Tortillas (2) 270 Peaches 0	11 B Tuscan White Fish 413 Rice Pilaf 50 Zucchini Squash 20 Wheat Bread 65 Pudding 130 Diet: Fruit Cup	12 B Chicken Piccata* 555 Roasted Potatoes 85 Brussels Sprouts 26 Wheat Bread 65 Pear 0	13 B Turkey Chili w/ Sweet Potato 372 Shredded Cheese 96 California Blend Veg 34 WG Cornbread 180 Mixed Fruit 5	14 B Chicken Parmesan* 637 WG Pasta 4 Broccoli 29 Dinner Roll 100 Pound Cake  240 Diet: Fruit	
Total Sodium: 766 Calories: 679 Carbs: 101	Total Sodium: 678 Calories: 698 Carbs: 73	Total Sodium: 731 Calories: 668 Carbs: 90	Total Sodium: 687 Calories: 722 Carbs: 78	Total Sodium: 1010 Calories: 618 Carbs: 60	
17 No Meals Served 	18 A Beef Stew w/ Cornbread 220 Kale & Peppers 180 Pears 29 0	19 A Beef & Barley Soup 334 Stewed Chicken Thigh 175 Polenta 4 California Blend Veg 34 Dinner Roll 150 Pudding 130 Diet: Fruit Cup	20 A Potato Pollock 330 Rice Pilaf 50 Vegetable Medley 54 Wheat Roll 150 Mandarin Oranges 5 Tartar Sauce 100	21 A Shepard's Pie w/ Corn & Peas 315 Carrots 56 Dinner Roll 100 Cinnamon Apples 5	
	Total Sodium: 429 Calories: 606 Carbs: 63	Total Sodium: 827 Calories: 678 Carbs: 56	Total Sodium: 689 Calories: 606 Carbs: 82	Total Sodium: 476 Calories: 606 Carbs: 68	
24 B Roast Turkey w/ Gravy 400 Mashed Sweet Potato 42 Green Peas 20 Wheat Roll 150 Oatmeal Raisin Cookie 80	25 B BBQ Chicken 385 Baked Beans 140 Vegetable Medley 54 Wheat Bread 65 Peaches 0	26 B Beef & Bean Chili w/ Shredded Cheese 380 Broccoli 50 Cornbread Loaf 29 180 Mixed Fruit 5	27 B Pork w/ Mushroom 344 Cream Sauce 50 Rice Pilaf 50 Carrots 56 Wheat Roll 150 Shortbread Cookie 150 Diet: Fruit Cup	28 B Creamy Garlic Salmon 407 Mashed Potatoes 22 Mixed Root Veg 65 Wheat Roll 150 Banana  1	
Total Sodium: 692 Calories: 571 Carbs: 76	Total Sodium: 644 Calories: 622 Carbs: 91	Total Sodium: 644 Calories: 590 Carbs: 64	Total Sodium: 750 Calories: 700 Carbs: 66	Total Sodium: 645 Calories: 690 Carbs: 78	
		<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>All Meals include:</p> <p><u>Milk:</u> 99 Calories 104mg Sodium 12g Carbs</p> <p><u>Margarine:</u> 33 Calories 36mg Sodium</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.