



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Sodium (mg): Na <sup>+</sup> Tuscan Chicken 254 Mashed Potatoes 22 Vegetable Medley 54 Wheat Bread 65 Pudding 130 Diet: Fruit Cup	<b>4</b> Sodium (mg): Na <sup>+</sup> Garden Vegetable Soup 187 Beef w/ Peppers & Onions 155 Orzo 4 Wheat Roll 150 Pear  0	<b>5</b> Sodium (mg): Na <sup>+</sup> Teriyaki Salmon 456 White Rice 25 Broccoli 29 Wheat Roll 150 Cinnamon Apples 3	<b>6</b> Sodium (mg): Na <sup>+</sup> Chicken Anna Maria 470 Mashed Potatoes 22 Mixed Vegetables 51 Wheat Bread 65 Fig Newton 180 Diet: Fruit Cup	<b>7</b> Sodium (mg): Na <sup>+</sup> 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
<b>10</b> <b>B</b> Pulled Pork Tacos w/ Lime 415 Brown Rice 20 Black Beans, Corn & Peppers 61 Mini Tortillas (2) 270 Peaches 0	<b>11</b> <b>B</b> Tuscan White Fish 413 Rice Pilaf 50 Zucchini Squash 20 Wheat Bread 65 Pudding 130 Diet: Fruit Cup	<b>12</b> <b>B</b> Chicken Piccata* 555 Roasted Potatoes 85 Brussels Sprouts 26 Wheat Bread 65 Pear 0	<b>13</b> <b>B</b> Turkey Chili w/ Sweet Potato 372 Shredded Cheese 96 California Blend Veg 34 WG Cornbread 180 Mixed Fruit 5	<b>14</b> <b>B</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
<b>17</b> <b>No Meals Served</b> 	<b>18</b> <b>A</b> Beef Stew w/ Cornbread 220 Kale & Peppers 180 Pears 29 0	<b>19</b> <b>A</b> Beef & Barley Soup 334 Stewed Chicken Thigh 175 Polenta 4 California Blend Veg 34 Dinner Roll 150 Pudding 130 Diet: Fruit Cup	<b>20</b> <b>A</b> Potato Pollock 330 Rice Pilaf 50 Vegetable Medley 54 Wheat Roll 150 Mandarin Oranges 5 Tartar Sauce 100	<b>21</b> <b>A</b> 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
<b>24</b> <b>B</b> Roast Turkey w/ Gravy 400 Mashed Sweet Potato 42 Green Peas 20 Wheat Roll 150 Oatmeal Raisin Cookie 80	<b>25</b> <b>B</b> BBQ Chicken 385 Baked Beans 140 Vegetable Medley 54 Wheat Bread 65 Peaches 0	<b>26</b> <b>B</b> Beef & Bean Chili w/ Shredded Cheese 380 Broccoli 50 Cornbread Loaf 29 180 Mixed Fruit 5	<b>27</b> <b>B</b> Pork w/ Mushroom 344 Cream Sauce 50 Rice Pilaf 50 Carrots 56 Wheat Roll 150 Shortbread Cookie 150 Diet: Fruit Cup	<b>28</b> <b>B</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><b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b></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.**