






Monday		Tuesday		Wednesday		Thursday		Friday	
3 Sodium (mg): Na ⁺		4 Sodium (mg): Na ⁺		5 Sodium (mg): Na ⁺		6 Sodium (mg): Na ⁺		7 Sodium (mg): Na ⁺	
Stuffed Shells	230	Mediterranean Chicken*	630	Cheese Ravioli	200	Beef Stroganoff	188	White Fish Florentine	250
w/ Turkey Bolognese	190	White Rice	25	w/ Lemon Ricotta	45	Mashed Potatoes	22	Roasted Potatoes	85
Mixed Vegetables	51	Stewed Tomatoes	166	Parmesan Sauce		Brussels Sprouts	26	Broccoli	29
Wheat Roll	150	Mini Pita Bread	170	Spinach & Peppers	65	Wheat Bread	65	Oatmeal Roll	260
Pear Cup 	0	Peach Cup	30	Wheat Roll	150	Vanilla Pudding	130	Banana 	1
				Lemon White Chocolate	100	Diet: Fruit			
				Cookie / Diet: Fruit					
Total Sodium:	621	Total Sodium:	1021	Total Sodium:	560	Total Sodium:	431	Total Sodium:	625
Calories: 590	Carbs: 71	Calories: 515	Carbs: 59	Calories: 622	Carbs: 78	Calories: 598	Carbs: 68	Calories: 470	Carbs: 76
10 B		11 B		12 B		13 B		14 B	
Broccoli Cheddar	410	Pork Cacciatore	186	Garden Salad	60	Beef w/ Peppers, Onions	155	Kale, Sweet Potato,	480
Stuffed Chicken		WG Pasta	4	w/ Ranch Dressing		White Rice	25	White Bean Stew	
Rice Pilaf	50	Green Peas	20	Chicken Pot Pie	213	Brussels Sprouts	26	Orzo	4
Mixed Root Veg	65	Wheat Bread	65	Vegetable Medley	54	Wheat Roll	150	Green Beans	20
Hawaiian Roll	80	Cinnamon Apples	3	WG Biscuit	370	Shortbread Cookie	150	Cornbread Loaf	180
Mixed Fruit	5			Chocolate Pudding	135			Mandarin Oranges	5
				Diet: Fruit					
Total Sodium:	610	Total Sodium:	278	Total Sodium:	832	Total Sodium:	506	Total Sodium:	689
Calories: 601	Carbs: 74	Calories: 603	Carbs: 79	Calories: 765	Carbs: 80	Calories: 581	Carbs: 68	Calories: 552	Carbs: 98
17 High Sodium Meal		18 A		19 A		20 A		21 A	
Corned Beef & Cabbage*	745	Turkey Chili	372	Cream of Broccoli Soup	69	Pot Roast *	580	Cajun Seafood Pasta	464
Boiled Potatoes	133	Shredded Cheese	96	Tuscan Chicken	254	w/ Brown Gravy		WG Pasta	4
Carrots	56	Cali Blend Vegetables	34	Orzo	4	Mashed Sweet Potatoes	42	Corn w/ Peppers	21
Oatmeal Roll	260	Wheat Roll	150	Broccoli	29	Cali Blend Vegetables	34	Wheat Bread	65
Brownie 	125	Orange	0	Hawaiian Roll	80	Dinner Roll	100	Mixed Fruit	5
Diet: Fruit				Pear	2	Vanilla Pudding	130		
						Diet: Fruit			
Total Sodium:	1319	Total Sodium:	652	Total Sodium:	438	Total Sodium:	886	Total Sodium:	559
Calories: 799	Carbs: 101	Calories: 655	Carbs: 74	Calories: 813	Carbs: 95	Calories: 560	Carbs: 82	Calories: 585	Carbs: 86
24 B		25 B		26 B		27 B		28 B	
Pork Chop	85	Rosemary Garlic Chicken	145	Teriyaki Salmon	456	Hot Dog	540	Cheese Lasagna	390
w/ Apple Chutney		Mashed Potatoes	22	White Rice	25	Baked Beans	140	w/ Bolognese	233
Orzo	2	Mixed Vegetables	51	Garlic Spinach	113	Carrots	56	Broccoli	29
Butternut Squash	29	Wheat Roll	150	Dinner Roll	100	Hot Dog Bun 	85	Wheat Roll	150
Hawaiian Roll	80	Pound Cake	240	Banana	1	Orange	0	Chocolate Chip Cookie	80
Applesauce	2	Diet: Fruit				Ketchup	85		
Total Sodium:	198	Total Sodium:	608	Total Sodium:	695	Total Sodium:	906	Total Sodium:	882
Calories: 603	Carbs: 77	Calories: 793	Carbs: 83	Calories: 673	Carbs: 101	Calories: 735	Carbs: 89	Calories: 626	Carbs: 88
31 A				All Meals include:		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.		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.	
Beef Stew	140			<u>Milk:</u> 99 Calories 104mg Sodium 12g Carbs					
Green Beans	20			<u>Margarine:</u> 36 Calories 33mg Sodium					
w/ Red Peppers									
Cornbread	180								
Cinnamon Apples	3								
Total Sodium:	343								
Calories: 578	Carbs: 59								

* 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.