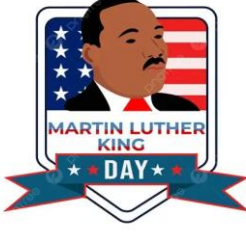




Monday	Tuesday	Wednesday	Thursday	Friday
We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. The total carbohydrates reflect the lower sugar dessert items.	For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call (508) 999-6400 ext. 3 by 11AM the day prior.	All Meals include: <u>Milk:</u> 99 Calories 105mg Sodium 12g Carbs <u>Margarine:</u> 36 Calories 33mg Sodium	1 No Meals Served 	2 Sodium (mg): Na⁺ Shepard's Pie 295 w/ Mashed Potato, Corn and Peas Green Beans 20 WG Biscuit 370 Applesauce 2 Total Sodium: 687 Calories: 733 Carbs: 65
5 Beef Chili 320 w/ Shredded Cheese 96 Mixed Root Veg 65 Cornbread Bowl 160 Vanilla Pudding 130 Diet: Fruit Total Sodium: 771 Calories: 713 Carbs: 77	6 Tuscan Chicken 403 Roasted Potatoes 85 Vegetable Medley 55 Dinner Roll 100 Cinnamon Apples 3 Total Sodium: 646 Calories: 590 Carbs: 70	7 Italian Sausage* 575 w/ Peppers & Onions White Rice 25 Green Peas 20 Wheat Roll 150 Shortbread Cookie 150 Diet: Fruit Total Sodium: 920 Calories: 733 Carbs: 80	8 Meatloaf w/ Gravy* 545 Mashed Potatoes 22 Broccoli 38 Hawaiian Roll 80 Banana 1  Total Sodium: 686 Calories: 589 Carbs: 72	9 Seafood Cajun Pasta* 500 WG Pasta 4 Green Beans 20 & Red Peppers 65 Wheat Bread Peach Fruit Cup 5 Total Sodium: 594 Calories: 540 Carbs: 71
12 Beef Hot Dog* 540 Baked Beans 140 Corn 20 Wheat Hot Dog Bun 85 Orange 0 Ketchup 80 Total Sodium: 865 Calories: 790 Carbs: 102	13 Cheese Ravioli 200 w/ Turkey Bolognese 222 & Parmesan Cheese Brussels Sprouts 26 Wheat Bread 65 Vanilla Pudding 130 Diet: Fruit Total Sodium: 643 Calories: 635 Carbs: 80	14 Salmon 160 w/ Dill Sauce Rice Pilaf 50 Cali Blend Vegetables 34 Wheat Roll 150 Pear Cup 0 Total Sodium: 394 Calories: 712 Carbs: 75	15 Pot Roast* 585 w/ Brown Gravy Mashed Sweet Potatoes 20 Vegetable Medley 54 WG Cornbread Loaf 180 Banana 1 Total Sodium: 840 Calories: 640 Carbs: 97	16 Roasted Chicken Thigh 90 Mac & Cheese 390 Collard Greens 40 Wheat Roll 150 Pound Cake 240 Diet: Fruit  Total Sodium: 910 Calories: 781 Carbs: 69
19 No Meals Served 	20 Pork Cacciatore 360 White Rice 25 Green Peas 20 WG Cornbread Loaf 180 Applesauce 2 Total Sodium: 587 Calories: 743 Carbs: 98	21 Beef Stew 140 w/ WG Biscuit 370 Broccoli 38 Chocolate Pudding 135 Diet: Fruit  Total Sodium: 683 Calories: 632 Carbs: 61	22 Rosemary & Garlic 450 Chicken Mashed Potatoes 23 Carrots 65 Wheat Roll 150 Vanilla Cupcake 230 Diet: Fruit Total Sodium: 918 Calories: 580 Carbs: 70	23 White Fish Piccata 388 Rice Pilaf 50 Mixed Root Vegetables 65 WG Cornbread Loaf 180 Pear 2 Total Sodium: 685 Calories: 705 Carbs: 98
26 WG Cheese Lasagna 390 w/ Marinara Sauce 315 & Mozzarella Cheese Mixed Vegetables 51 Dinner Roll 100 Orange 0 Total Sodium: 856 Calories: 566 Carbs: 82	27 Potato Pollock 330 Sweet Potato Wedges 150 Kale & Peppers 30 Hawaiian Roll 80 Vanilla Pudding 130 Diet: Fruit Tartar Sauce 110 Total Sodium: 830 Calories: 628 Carbs: 73	28 Chicken Alfredo* 610 WG Pasta 4 Broccoli 38 Wheat Roll 150 Cinnamon Apples 3 Total Sodium: 805 Calories: 540 Carbs: 64	29 Roast Turkey w/ Gravy* 580 Mashed Potatoes 23 Vegetable Medley 54 Wheat Bread 65 Oatmeal Cookie 90  Total Sodium: 812 Calories: 515 Carbs: 70	30 A/B Unstuffed Pepper Bowl 276 w/ Beef White Rice 25 Mixed Vegetables 50 Wheat Roll 150 Banana 1 Total Sodium: 502 Calories: 762 Carbs: 81

* 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.