

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sodium (mg): Na* Meatloaf w/ Gravy* 545 Garlic Mashed Potatoes 23 Carrots 56 Wheat Bread 65 Orange 1 Total Sodium: 690 Calories: 607 Carbs: 76	3 Sodium (mg): Na* Tuscan Chicken 403 Orzo 4 Cali Blend Vegetables 34 Wheat Roll 150 Apple  2 Total Sodium: 593 Calories: 735 Carbs: 82	4 Sodium (mg): Na* Roast Turkey w/ Gravy* 580 Mashed Potatoes 23 Green Peas 20 Wheat Roll 150 Pears Fruit Cup 0 Total Sodium: 773 Calories: 762 Carbs: 81	5 Sodium (mg): Na* Italian Shepard's Pie 487 w/ Pork Sausage & Beef Polenta & Cheese Kale & Peppers 29 Cornbread Loaf 180 Banana 1 Total Sodium: 697 Calories: 642 Carbs: 80	6 Sodium (mg): Na* Potato Pollock 330 Sweet Potato Wedges 150 Green Beans 20 Hawaiian Roll 80 Shortbread Cookie 150 Diet: Fruit Tartar Sauce 110 Total Sodium: 840 Calories: 738 Carbs: 85
9 Seafood Cajun Pasta* 500 w/ Shrimp & Scallops WG Pasta 4 Green Peas 20 Wheat Bread 65 Lemon Cookie 100 Diet: Fruit Total Sodium: 689 Calories: 580 Carbs: 79	10 Caribbean Beef 155 w/ Onions & Peppers White Rice 25 Broccoli 38 Dinner Roll 100 Cinnamon Apples 3 Total Sodium: 321 Calories: 590 Carbs: 70	11 Honey Mustard Chicken 403 Butternut Squash 12 Mixed Vegetables 54 Dinner Roll 100 Pear 3 Total Sodium: 572 Calories: 590 Carbs: 70	12 Pot Roast w/ Gravy* 585 Mashed Potatoes 23 Brussel Sprouts 26 Hawaiian Roll 80 Chocolate Pudding 185 Diet: Fruit Cup Total Sodium: 899 Calories: 595 Carbs: 65	13 3-Bean Chili 487 Shredded Cheese 96 Green Beans & Peppers 20 Cornbread Bowl 160 Orange 1 Total Sodium: 764 Calories: 555 Carbs: 73
16 Herb Crusted Fish 345 w/ Lemon Rice Pilaf 50 Broccoli 38 Wheat Roll 150 Pound Cake 240 Diet: Fruit Total Sodium: 823 Calories: 713 Carbs: 77	17 Cheese Ravioli 200 Turkey Bolognese 222 Parmesan Cheese Brussel Sprouts 26 Wheat Bread 65 Vanilla Pudding 130 Diet: Fruit Total Sodium: 643 Calories: 635 Carbs: 80	18  High Sodium Meal Corned Beef* 745 & Cabbage Boiled Potatoes 133 Carrots  56 Wheat Roll 150 Shamrock Cookie 65 Total Sodium: 1149 Calories: 712 Carbs: 75	19 Stewed Tomato Chicken 213 White Rice 25 Vegetable Medley 54 WG Cornbread Loaf 180 Orange 0 Total Sodium: 472 Calories: 640 Carbs: 97	20 Egg & Cheese 315 Broccoli Bake WG Biscuit 370 Mixed Vegetables 51 Banana  1 Total Sodium: 737 Calories: 555 Carbs: 73
23 Honey Glazed Salmon 160 Roasted Sweet Potatoes 21 Cali Blend Vegetables 34 Wheat Roll 150 Pear Cup 0 Total Sodium: 365 Calories: 712 Carbs: 75	24 Creamy Turkey 492 & Spinach Casserole Orzo 4 Vegetable Medley 72 Cornbread Loaf 180 Oatmeal Cookie 90 Total Sodium: 838 Calories: 565 Carbs: 72	25 Beef Stew 140 WG Buttermilk Biscuit 370 Broccoli 38 Chocolate Pudding 135 Diet: Fruit  Total Sodium: 683 Calories: 632 Carbs: 61	26 Broccoli Cheddar 410 Stuffed Chicken Rice Pilaf 50 Mixed Root Vegetables 51 Wheat Roll 150 Apple 30 Total Sodium: 691 Calories: 580 Carbs: 70	27 White Fish Picatta 388 Mashed Potatoes 23 Carrots 56 WG Cornbread Loaf 180 Pear 2 Total Sodium: 649 Calories: 705 Carbs: 98
30 WG Cheese Lasagna 390 Mozzarella Cheese 315 Mixed Vegetables 51 Dinner Roll 100 Orange  0 Total Sodium: 856 Calories: 566 Carbs: 82	31 Shepard's Pie 313 w/ Mashed Potatoes, Corn & Peas Green Beans 20 WG Biscuit 370 Cinnamon Apples 3 Total Sodium: 706 Calories: 628 Carbs: 73	All Meals include: <u>Milk:</u> 99 Calories 105mg Sodium 12g Carbs <u>Margarine:</u> 36 Calories 33mg Sodium	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.	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.

* Indicates a food with more than 500 mg sodium.

Consumers should anticipate frequent menu substitutions due to supply chain shortages.

Please inform Coastline if you have any food allergies.

Your voluntary \$3 donation today, provides more meals tomorrow.