

Monday	Tuesday	Wednesday	Thursday	Friday
<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>For Reservations/ Cancellations, call (508) 999-6400 ext. 3 by 11:00 AM the day before.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 99 Calories 105mg Sodium 12g Carbs</p> <p><u>Margarine:</u> 36 Calories 33mg Sodium</p>		<p><b>1</b> Sodium (mg): Na<sup>+</sup></p> <p>Cheesy Chicken Casserole* Seasoned Rice 554 Green Peas 20 Dinner Roll 100 Orange 0</p> <p>Total Sodium: 809 Calories: 925 Carbs: 95</p>
<p><b>4</b></p> <p>Beef w/onions &amp; peppers 132 White Rice 25 Broccoli 38 Dinner Roll 100 Cinnamon Apples 3</p> <p>Total Sodium: 433 Calories: 786 Carbs: 80</p>	<p><b>5</b></p> <p>Cajun Seafood 500 Whole Grain Pasta 4 Green Peas 20 Wheat Bread 65 Orange 1</p> <p>Total Sodium: 725 Calories: 743 Carbs: 96</p>	<p><b>6</b></p> <p>Powerhouse Turkey Chili 268 w/Shredded Cheese 96 Green Beans &amp; Red Peppers 20 Cornbread Bowl 160 Fruit Cup 0</p> <p>Total Sodium: 679 Calories: 772 Carbs: 84</p>	<p><b>7</b></p> <p>Chicken in Sundried Tomato Sauce 365 Orzo 4 Wheat Roll 150 Lemon White Chocolate Cookie 100 Diet: Fruit</p> <p>Total Sodium: 792 Calories: 686 Carbs: 86</p>	<p><b>8</b></p> <p>BBQ Pulled Pork 350 Butternut Squash 12 Vegetable Medley 54 Dinner Roll 100 Pear 2</p> <p>Total Sodium: 653 Calories: 791 Carbs: 117</p>
<p><b>11</b></p> <p>Hamburger 230 Potato Wedges 20 Cali Blend Vegetables 34 Wheat Hamburger Roll 75 Chocolate Pudding 130 Ketchup 80</p> <p>Total Sodium: 624 Calories: 738 Carbs: 91</p>	<p><b>12</b></p> <p>Cheese Ravioli 200 w/ Beef Bolognese &amp; Parmesan 295 Brussell Sprouts 26 Wheat Roll 150 Fig Newton 180</p> <p>Total Sodium: 986 Calories: 871 Carbs: 107</p>	<p><b>13</b></p> <p>Stewed Tomato Chicken 213 White Rice 25 Carrots 56 Whole Grain Cornbread 180 Orange 0</p> <p>Total Sodium: 609 Calories: 808 Carbs: 90</p>	<p><b>14</b></p> <p>Torta di Polenta (Pork Sausage &amp; Beef) 493 Polenta w/Cheese 29 Kale &amp; Peppers 80 Hawaiian Roll 80 Apple 1</p> <p>Total Sodium: 738 Calories: 852 Carbs: 78</p>	<p><b>15</b></p> <p>Honey Glazed Salmon 85 Roasted Sweet Potato 21 Cali Blend Vegetables 34 Wheat Roll 150 Shortbread Cookie 150 Diet: Fruit</p> <p>Total Sodium: 575 Calories: 768 Carbs: 91</p>
<p><b>18</b></p> <p>Egg &amp; Cheese 656 Broccoli Bake* Mixed Vegetables 51 Wheat Roll 150 Apple 1</p> <p>Total Sodium: 993 Calories: 818 Carbs: 68</p>	<p><b>19</b></p> <p>Beef Stew 140 WG Buttermilk Biscuit 370 Green Peas &amp; Red Peppers 72 Pear 2</p> <p>Total Sodium: 719 Calories: 780 Carbs: 88</p>	<p><b>20</b></p> <p>Creamy Turkey &amp; Spinach Casserole 375 Orzo 4 Broccoli 38 Cornbread Loaf 180 Oatmeal Cookie 90 Diet: Fruit</p> <p>Total Sodium: 822 Calories: 832 Carbs: 82</p>	<p><b>21 HOLIDAY MEAL</b></p> <p>BBQ Chicken Sandwich 360 Sweet Potato Fries 150 Zucchini &amp; Red Peppers 19 Wheat Bun 75 Pound Cake 240 Diet: Fruit</p> <p>Total Sodium: 949 Calories: 850 Carbs: 106</p>	<p><b>22</b></p> <p>WG Cheese Lasagna 390 Marinara Sauce &amp; Mozzarella 315 Mixed Vegetable 51 Dinner Roll 100 Orange 0</p> <p>Total Sodium: 991 Calories: 701 Carbs: 94</p>
<p><b>25</b></p>	<p><b>26</b></p> <p>Tuscan Chicken 403 Rice Pilaf 50 Cali Blend Vegetables 34 Wheat Roll 150 Vanilla Pudding 130</p> <p>Total Sodium: 902 Calories: 834 Carbs: 90</p>	<p><b>27</b></p> <p>Pot Roast w/gravy* 585 Mashed Potato 23 Brussell Sprouts 26 Hawaiian Roll 80 Fruit 0</p> <p>Total Sodium: 849 Calories: 622 Carbs: 84</p>	<p><b>28</b></p> <p>Beef Hot Dog* 540 Roasted Potatoes 85 Carrots 56 Wheat Hot Dog Bun 85 Orange 1 Ketchup 80</p> <p>Total Sodium: 982 Calories: 790 Carbs: 86</p>	<p><b>29</b></p> <p>Chicken Alfredo* 610 Whole Grain Pasta 4 Broccoli 38 Wheat Roll 150 Chocolate Chip Cookie 80</p> <p>Total Sodium: 1017 Calories: 756 Carbs: 83</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.**