








Monday	Tuesday	Wednesday	Thursday	Friday
1 Sodium (mg): Na* White Fish Picatta 388 Rice Pilaf 50 Vegetable Medley 54 WG Cornbread Loaf 180 Orange  0 Total Sodium: 672 Calories: 695 Carbs: 88.2	2 Sodium (mg): Na* Roast Turkey 429 w/ Cranberry Apple Chutney Mashed Potatoes 23 Carrots 56 Wheat Bread 65 Pear 1 Total Sodium: 574 Calories: 528 Carbs: 92	3 Sodium (mg): Na* Cheese Tortellini 175 w/ Beef Bolognese 195 Brussel Sprouts 26 Wheat Roll 150 Shortbread Cookie 150 Diet: Fruit Total Sodium: 696 Calories: 651 Carbs: 63.2	4 Sodium (mg): Na* BBQ Chicken Thigh 357 Roasted Sweet Potatoes 85 Broccoli 38 WG Cornbread 180 Peach Cup  1 Total Sodium: 661 Calories: 563 Carbs: 75.2	5 Sodium (mg): Na* Braised Beef & Vegetables 161 Polenta 15 Spinach w/ Peppers 65 Dinner Roll 100 Vanilla Pudding 130 Diet: Fruit Total Sodium: 471 Calories: 662 Carbs: 74.2
8 Potato Pollock 330 Sweet Potato Wedges 150 Cali Blend Vegetables 34 Hawaiian Roll 80 Fruit Cup 5 Tartar Sauce 113 Total Sodium: 712 Calories: 571 Carbs: 70.2	9 Unstuffed Pepper Bowl 276 w/ Beef & White Rice 25 Kale & Corn 11 Wheat Bread 65 Chocolate Pudding 135 Diet: Fruit Total Sodium: 512 Calories: 781 Carbs: 83	10 Shrimp Tacos 479 w/ Cheese Cilantro Lime Rice 67 Black Beans, Corn, Peppers 61 Tortilla Wrap 135 Orange 0 Total Sodium: 742 Calories: 527 Carbs: 81.2	11 Hamburger 230 Roasted Potatoes 85 Green Beans & Peppers 21 Wheat Hamburger Bun 75 Apple 1 Ketchup & Mustard 137 Total Sodium: 549 Calories: 561 Carbs: 73.2	12 Chicken Anna Maria* 537 Mashed Potatoes 23 Carrots 56 Wheat Bread 65 Fig Newton 180 Diet: Fruit Total Sodium: 861 Calories: 642 Carbs: 91.2
15 Pork 248 w/ Mustard Wine Sauce Butternut Squash 12 Green Peas 20 Wheat Roll  150 Pear 2 Total Sodium: 432 Calories: 627 Carbs: 89.2	16 Meatloaf w/ Gravy* 545 Garlic Mashed Potatoes 23 Carrots 56 WG Cornbread 180 Orange 0 Total Sodium: 804 Calories: 631 Carbs: 74	17 Salmon w/ Dill Sauce 160 White Rice 25 Green Beans & Peppers 21 Wheat Bread 65 Vanilla Pudding 130 Diet: Fruit Total Sodium: 401 Calories: 779 Carbs: 86.2	18 Homemade Crispy Chicken 186 Black Eyed Peas 140 Collards & Corn 40 Cornbread Loaf 180 Pound Cake w/ Berries 241 Total Sodium: 787 Calories: 917 Carbs: 108.2	19 No Meals Served 
22 Sausage w/ Abruzzi Sauce* 649 Bowtie Pasta 4 Cali Blend Vegetables 34 Wheat Roll 150 Cinnamon Apples 2 Total Sodium: 839 Calories: 555 Carbs: 59.2	23 Tomato Bruschetta 333 Chicken Mashed Potatoes 23 Green Peas & Peppers 72 Wheat Roll 65 Chocolate Pudding 135 Diet: Fruit Total Sodium: 628 Calories: 547 Carbs: 80	24 Hamburger 230 Sweet Potato Wedges 150 Cali Blend Vegetable 34 Wheat Hamburger Bur 75 Blueberry Bread 250 Ketchup & Mustard 137 Total Sodium: 876 Calories: 816 Carbs: 104	25 Herb Crusted Fish 346 w/ Lemon Wedge Rice Pilaf 50 Mixed Root Vegetables 65 Wheat Roll  150 Banana 1 Total Sodium: 612 Calories: 660 Carbs: 100.2	26 Beef Hot Dog* 540 Baked Beans 140 WW Hot Dog Bun 56 Orange 1 Ketchup & Mustard 137 Total Sodium: 874 Calories: 738 Carbs: 89.2
29 Creamy Tomato & Spinach Casserole w/ Orzo 375 Broccoli 4 Cornbread Loaf 38 Vanilla Pudding 180 Diet: Fruit Total Sodium: 727 Calories: 725 Carbs: 76.2	30 Beef Teriyaki 458 Lo Mein Noodles 125 Corn w/ Peppers 21 Wheat Roll 150 Lemon Square 90 Diet: Fruit Total Sodium: 844 Calories: 794 Carbs: 101	All Meals include: <u>Milk:</u> 99 Calories 105mg Sodium 12g Carbs <u>Margarine:</u> 36 Calories 33mg Sodium	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.

* 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.