



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 ⁺
Herb Chicken Thigh 101 w/ Gravy Mashed Potatoes 23 Carrots 56 Wheat Bread 65 Shortbread Cookie 150 Diet: Fruit	Beefy Mac & Cheese 480 Tortellini Cheese Tortellini 155 Brussel Sprouts 26 Wheat Roll 150 Pear 2	Swedish Turkey Meatballs 495 Roasted Potatoes 85 Broccoli 38 WG Crossiant 180 Banana 1 	Braised Beef & Vegetables 161 Rice Pilaf 49 Spinach w/ Peppers 65 Dinner Roll 100 Vanilla Pudding 130	Potato Pollock 330 Sweet Potato Wedges 150 Cali Blend Vegetables 34 Hawaiian Roll 80 Fruit Cup 5 Tartar Sauce 110
Total Sodium: 395 Calories: 579 Carbs: 67	Total Sodium: 813 Calories: 772 Carbs: 69	Total Sodium: 799 Calories: 640 Carbs: 92	Total Sodium: 505 Calories: 711 Carbs: 76	Total Sodium: 709 Calories: 571 Carbs: 70
10	11	12	13	14
Unstuffed Pepper Bowl 276 w/ Beef & White Rice 25 Carrots 56 Wheat Bread 65 Applesauce 2 	Shrimp Tacos* 537 w/ Cheese Cilantro Lime Rice 67 Black Beans, Corn & Peppers 61 Tortilla 135 Orange 0	Cheeseburger 368 Sweet Potato Tater Tots 213 Green Beans & Peppers 21 Wheat Hamburger Bun 75 Pound Cake w/ Blueberries 240 Ketchup 85	Chicken Anna Maria 338 Mashed Potatoes 23 Mixed Vegetable 51 Dinner Roll 100 Mandarin Fruit Cup 5	Sausage w/ Abruzzi Sauce* 650 Bowtie Pasta 4 Tuscan Vegetable Blend 26 Wheat Roll 150 Oatmeal Cookie 90
Total Sodium: 424 Calories: 728 Carbs: 71	Total Sodium: 800 Calories: 565 Carbs: 84	Total Sodium: 1002 Calories: 813 Carbs: 96	Total Sodium: 517 Calories: 567 Carbs: 65	Total Sodium: 920 Calories: 592 Carbs: 61
17	18	19	20	21
Meatloaf w/ Gravy* 545 Garlic Mashed Potatoes 23 Green Beans & Pepper: 21 WG Cornbread 180 Vanilla Pudding 130	Chicken Carbonara* 630 w/ Ham WG Pasta 4 Broccoli 38 Dinner Roll 100 Pears 0	Pork Linguica* 623 w/ Onions Roasted Potatoes 85 Green Peas 20 Wheat Roll 150 Banana 1 	Chicken & Vegetable 307 Stir Fry White Rice 25 Beets & Greens 117 Cornbread Loaf 180 Chocolate Chip Cookie 80	Salmon 160 w/ Dill Sauce Roasted Potatoes 85 Mixed Root Vegetables 65 Wheat Bread 65 Mandarin Fruit Cup 5
Total Sodium: 899 Calories: 675 Carbs: 75	Total Sodium: 772 Calories: 565 Carbs: 69	Total Sodium: 879 Calories: 704 Carbs: 81	Total Sodium: 709 Calories: 736 Carbs: 91	Total Sodium: 380 Calories: 635 Carbs: 74
24	25	26	27	28
French Onion Chicken 420 Mashed Potatoes 23 Green Peas 20 Dinner Roll 100 Chocolate Pudding 135	Sloppy Joe 112 Baked Beans 140 Cali Blend Vegetables 34 Wheat Hamburger Bun 75 Orange 1 	Herb Crusted Fish 346 w/ Lemon Wedge Orzo 4 Carrots 56 Wheat Roll 150 Lemon Square 90 Diet: Fruit	Turkey, Ham & Cheese 435 Egg Casserole Roasted Potatoes 85 Broccoli 38 Snack Loaf 90 Banana 1	Lemon Ricotta 332 Parmesan Chicken Cheese Ravioli 200 Mixed Root Vegetables 65 Wheat Bread 65 Applesauce 2
Total Sodium: 698 Calories: 631 Carbs: 78	Total Sodium: 362 Calories: 658 Carbs: 80	Total Sodium: 646 Calories: 622 Carbs: 86	Total Sodium: 649 Calories: 651 Carbs: 75	Total Sodium: 664 Calories: 652 Carbs: 84
31	 AUGUST		For weather emergencies and cancellations, please check 1420 AM WBSM radio.	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.
Beef Teriyaki Bowl 290 w/ Scallions Lo Mein Noodles 124 Corn w/ Peppers 21 Wheat Roll 150 Peach Cup 5 Total Sodium: 590 Calories: 623 Carbs: 81			All Meals include: <u>Milk:</u> 99 Calories 105mg Sodium 12g Carbs <u>Margarine:</u> 36 Calories 33mg Sodium	

* 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.