



Monday		Tuesday		Wednesday		Thursday		Friday			
2 Sodium (mg): Na*		3 Sodium (mg): Na*		4 Sodium (mg): Na*		5 Sodium (mg): Na*		6 Sodium (mg): Na*			
<p style="text-align: center;">No Meals Served</p> <p style="text-align: center;">HAPPY LABOR DAY</p>		American Chop Suey	211	Chicken La'Orange	391	Tossed Salad	124	"Catch of the Day"			
		Broccoli	12	Scalloped Potatoes	185	Shredded Cheese	187	Haddock w/	60		
		Snowflake Roll	160	Brussels Sprouts	12	Veggie Chili	215	Lemon Dill Sauce	111		
		Peaches	5	Multigrain Bread	190	White/Brown Rice	36	Mashed Potatoes	62		
		Yogurt Cup	51	Applesauce	14	Oatmeal Roll	121	Malibu Blend	59		
Total Sodium: 629		Total Sodium: 439	Total Sodium: 792	Total Sodium: 684	Total Sodium: 465	Total Sodium: 628		Total Sodium: 418	Total Sodium: 66		
Calories: 654 Carbs: 84		Calories: 544 Carbs: 80	Calories: 457 Carbs: 62	Calories: 628 Carbs: 91	Calories: 418 Carbs: 66	Calories: 628 Carbs: 91		Calories: 418	Calbs: 66		
9 A		10 A		11 A		12 A		13 A			
Mac & Cheese	403	Kale Soup	173	Greek Meatballs	190	Roast Turkey w/ Gravy	430	Hot Dog	*550		
Italian Green Beans	102	Portuguese Chicken	420	Orzo	427	Cranberry Sauce (2)	16	Mustard	55		
Tomatoes Florentine	121	Roasted Potatoes	33	Country Vegetables	32	Mashed Potato	62	Relish	81		
Fruit Loaf	102	Cali. Veg. Blend	27	WW Roll	160	Winter Squash	13	Baked Beans	36		
Fresh Orange	0	Dinner Roll	160	Mandarin Oranges	6	Multigrain Bread	190	Cabbage & Carrots	47		
Total Sodium: 629		Total Sodium: 817	Total Sodium: 816	Total Sodium: 843	Total Sodium: 983	Total Sodium: 843		Total Sodium: 600	Total Sodium: 73		
Calories: 654 Carbs: 84		Calories: 531 Carbs: 69	Calories: 579 Carbs: 78	Calories: 758 Carbs: 123	Calories: 600 Carbs: 73	Calories: 758 Carbs: 123		Calories: 600	Carbs: 73		
16 B		17 B		18 B		19 B		20 B			
Shepherd's Pie	283	Fiesta Omelet	351	Honey Mustard Chicken	481	BBQ Pulled Pork	484	Potato Pollock	150		
Carrot Coins	77	Sausage Patty	217	Parsley Mash. Potatoes	63	Whipped Sweet Potatoes	33	Tartar Sauce	261		
Oatmeal Roll	121	Potato Wedges	27	Broccoli/Cauliflower	15	Coleslaw	81	Au Gratin Potatoes	154		
Peaches	5	Chickpea Blend	52	WW Bread	160	WW HB Roll	230	Green Beans	3		
Total Sodium: 485		Total Sodium: 750	Total Sodium: 732	Total Sodium: 1018	Total Sodium: 734	Total Sodium: 1018		Total Sodium: 591	Total Sodium: 74		
Calories: 589 Carbs: 85		Calories: 661 Carbs: 69	Calories: 478 Carbs: 68	Calories: 574 Carbs: 81	Calories: 591 Carbs: 74	Calories: 574 Carbs: 81		Calories: 591	Carbs: 74		
23 A		24 A		25 A		26 A		27 A			
Steak & Cheese	*595	Autumn Harvest Soup	233	Roast Pork w/	71	Meatloaf	131	Cajun Chicken	436		
Mustard	55	Stuffed Shells	390	Rosemary Gravy	124	Onion Gravy	110	Dirty Rice	137		
Roasted Potatoes	33	Tomato Basil Sauce	55	Garlic Mash. Potato	62	Red Bliss Potatoes	4	Lentil Salad	47		
Mixed Vegetables	41	Spring Vegetables	57	Genoa Blend	40	Tahitian Blend	38	Potato Bread	120		
Sub Roll	230	Multigrain Roll	190	WW Bread	160	Oatmeal Bread	121	Mandarin Oranges	6		
Pineapple	1	Pears	4	Mini Tiramisu	209	Baked Cinn. Apples	4				
Total Sodium: 888		Total Sodium: 929	Total Sodium: 565	Total Sodium: 408	Total Sodium: 746	Total Sodium: 408		Total Sodium: 502	Total Sodium: 80		
Calories: 587 Carbs: 70		Calories: 485 Carbs: 83	Calories: 635 Carbs: 78	Calories: 458 Carbs: 58	Calories: 502 Carbs: 80	Calories: 458 Carbs: 58		Calories: 502	Carbs: 80		
30 B		<p style="text-align: center;">Come Join Us On Tuesdays for our Ethnic Meal Series!</p> 		<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p>		<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>		<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>			
Turkey Stew	*566									For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.	
Mashed Potatoes	48										
WW Roll	160										
Applesauce	14										
Total Sodium: 788											
Calories: 283 Carbs: 37											

* Indicates a food with more than 500 mg sodium.
Please inform Coastline if you have any food allergies.

Menu is subject to change without notice.
Catch of the Day will vary based on availability.