



Monday	Tuesday	Wednesday	Thursday	Friday
<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</p>	<p>1 Sodium (mg): Na⁺</p> <p>Mac n' Cheese 403</p> <p>Tomato Florentine 121</p> <p>Asparagus</p> <p>Fruit Loaf 170</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 700</p> <p>Calories: 720 Carbs: 99</p>	<p>2 Sodium (mg): Na⁺</p> <p>Cal. Chicken Salad 337</p> <p>Potato Salad 62</p> <p>Coleslaw 81</p> <p>Sub Roll 162</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 652</p> <p>Calories: 431 Carbs: 66</p>	<p>3 Sodium (mg): Na⁺</p> <p>Hot Dog *550</p> <p>Mustard & Relish 55</p> <p>Baked Beans 36</p> <p>Broccoli Florets 12</p> <p>WW Hot Dog Roll 210</p> <p>Banana 1</p> <p>Total Sodium: 865</p> <p>Calories: 639 Carbs: 81</p>	<p>4 Sodium (mg): Na⁺</p> <p>Fish Sandwich 337</p> <p>Tartar Sauce 267</p> <p>Roasted Potatoes 33</p> <p>Garlic Green Beans 3</p> <p>WW Hamburger Bun 230</p> <p>Pineapple 1</p> <p>Total Sodium: 865</p> <p>Calories: 722 Carbs: 88</p>
	<p>7 A</p> <p>Honey Mustard Chicken 481</p> <p>Parsley Mash. Potatoes 62</p> <p>Italian Blend 26</p> <p>Multigrain Bread 190</p> <p>Peaches 5</p> <p>Total Sodium: 764</p> <p>Calories: 518 Carbs: 77</p>	<p>8 A</p> <p>Beef Picadillo 251</p> <p>White Rice 36</p> <p>California Blend 27</p> <p>Scali Bread 190</p> <p>Fresh Apple 2</p> <p>Total Sodium: 506</p> <p>Calories: 414 Carbs: 62</p>	<p>9 A</p> <p>Oyster Crackers 133</p> <p>Autumn Harvest Soup 233</p> <p>Roast Pork w/ 71</p> <p>Rosemary Gravy 124</p> <p>Red Bliss Potatoes 4</p> <p>Oatmeal Roll 121</p> <p>Pineapple 1</p> <p>Total Sodium: 688</p> <p>Calories: 576 Carbs: 73</p>	<p>10 A</p> <p>Swedish Meatballs 376</p> <p>Egg Noodles 35</p> <p>Malibu Blend 59</p> <p>WW Roll 160</p> <p>Brownie w/ Cherries 165</p> <p>Diet: Lorna Doone's 100</p> <p>Total Sodium: 786</p> <p>Calories: 701 Carbs: 87</p>
<p>14 B</p> 	<p>15 B</p> <p>Beef & Broccoli 108</p> <p>Asian Rice 92</p> <p>Oatmeal Roll 121</p> <p>Mixed Fruit 10</p> <p>Yogurt Cup 51</p> <p>Total Sodium: 382</p> <p>Calories: 648 Carbs: 73</p>	<p>16 B</p> <p>Tossed Salad w/ Dressing 124</p> <p>Beef Chili w/ Lentils 176</p> <p>Mashed Potatoes 62</p> <p>WW Roll 125</p> <p>Banana 4</p> <p>Total Sodium: 491</p> <p>Calories: 546 Carbs: 83</p>	<p>17 B</p> <p>Grilled Chicken Parm. 426</p> <p>Penne Pasta 1</p> <p>Peas & Carrots 80</p> <p>Multigrain Bread 190</p> <p>Mandarin Oranges 7</p> <p>Total Sodium: 703</p> <p>Calories: 475 Carbs: 71</p>	<p>18 B</p> <p>"Catch of the Day" 150</p> <p>Lemon Dill Sauce 111</p> <p>Red Bliss Potatoes 33</p> <p>Spring/Summer Blend 57</p> <p>Rye Bread 300</p> <p>Peaches 5</p> <p>Total Sodium: 656</p> <p>Calories: 578 Carbs: 96</p>
<p>21 A</p> <p>BBQ Pork Rib 280</p> <p>Baked Beans 36</p> <p>Carrots & Cabbage 47</p> <p>WW Hamburger Roll 230</p> <p>Cinnamon Apples 4</p> <p>Total Sodium: 597</p> <p>Calories: 442 Carbs: 66</p>	<p>22 A</p> <p>Saltine Crackers 56</p> <p>Bok Choy Soup 75</p> <p>Honey Ginger Chicken 393</p> <p>Vegetable Lo Mein 28</p> <p>WW Bread 160</p> <p>Banana 1</p> <p>Total Sodium: 713</p> <p>Calories: 588 Carbs: 91</p>	<p>23 A</p> <p>Spanish Omelet 382</p> <p>Sausage Patty 217</p> <p>Hash Browns 20</p> <p>Mixed Vegetables 41</p> <p>Oatmeal Bread 121</p> <p>Pineapple 1</p> <p>Total Sodium: 898</p> <p>Calories: 587 Carbs: 73</p>	<p>24 A</p> <p>Roast Turkey w/ Gravy 430</p> <p>Cranberry Sauce (2) 16</p> <p>Cheesy Mash. Potatoes 90</p> <p>Winter Squash 13</p> <p>Marble Rye Bread 127</p> <p>Cherrie Crisp 6</p> <p>Diet: Graham Wafers 85</p> <p>Total Sodium: 682</p> <p>Calories: 695 Carbs: 130</p>	<p>25 A</p> <p>American Chop Suey 211</p> <p>Green & Wax Beans 3</p> <p>Garlic Roll 190</p> <p>Mandarin Oranges 7</p> <p>Total Sodium: 411</p> <p>Calories: 414 Carbs: 60</p>
<p>28 B</p> <p>Sausage w/ Peppers & Onions *520</p> <p>Pasta Alfredo w/ Portabella Mushrooms 116</p> <p>Sub Roll 162</p> <p>Peaches 5</p> <p>Total Sodium: 803</p> <p>Calories: 496 Carbs: 69</p>	<p>29 B</p> <p>Tossed Salad w/ Dressing 124</p> <p>Crust-Less Chicken Pot Pie 273</p> <p>Mashed Potatoes 62</p> <p>Biscuit 115</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 584</p> <p>Calories: 558 Carbs: 74</p>	<p>30 B</p> <p>Meatloaf w/ Pearl Onions & Gravy 240</p> <p>Roasted Potatoes 110</p> <p>Scandinavian Blend 33</p> <p>Oatmeal Bread 42</p> <p>Oatmeal Bread 121</p> <p>Mini Carrot Cake 209</p> <p>Diet: Low Sugar Cake 210</p> <p>Total Sodium: 754</p> <p>Calories: 558 Carbs: 86</p>	<p>31 B</p> <p>Spaghetti & Meatballs w/ Tomato & Mushroom Sauce 237</p> <p>Malibu Blend 55</p> <p>Multigrain Bread 59</p> <p>Fresh Orange 190</p> <p>Fresh Orange  0</p> <p>Total Sodium: 540</p> <p>Calories: 560 Carbs: 78</p>	<p>All Meals include:</p> <p><u>Milk:</u></p> <p>110 Calories</p> <p>125mg Sodium</p> <p>13g Carbs</p> <p><u>Margarine:</u></p> <p>36 Calories</p> <p>47mg Sodium</p>

* 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.