



Monday	Tuesday	Wednesday	Thursday	Friday
<b>All Meals include:</b>  <b>Milk:</b> 110 Calories 125mg Sodium 13g Carbs  <b>Margarine:</b> 36 Calories 47mg Sodium	<b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b>  For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.	<b>1</b> Sodium (mg): Na* Caribbean Chicken 381 Pineapple Rice 35 California Blend 27 Wheat Bread 115 Tapioca Pudding 130 Diet: Low Sugar Pudding 100  Total Sodium: 788 Calories: 506 Carbs: 69	<b>2</b> Sodium (mg): Na* Hot Dog *550 Mustard 55 Baked Beans 36 Hot German Slaw 81 Hot Dog Roll 210 Peaches 5  Total Sodium: 937 Calories: 593 Carbs: 69	<b>3</b> Sodium (mg): Na* Fish Nuggets 360 Tartar Sauce 261 Confetti Rice 43 Green Beans 3 Snowflake Roll 260 Mandarin Oranges 7  Total Sodium: 932 Calories: 640 Carbs: 84
<b>6</b> Chicken Cacciatore 446 Italian Penne 1 Genoa Blend 40 Multigrain Bread 190 Pineapple 1  Total Sodium: 679 Calories: 531 Carbs: 78	<b>7</b> Beef Chili 176 Fluffy Rice 36 Corn Bread 280 Fresh Clementine 0  Total Sodium: 492 Calorie: 526 Carbs: 78	<b>8</b> Pork w/ Rosemary Gravy 190 Au Gratin Potatoes 154 Winter Blend Veg 15 Oatmeal Bread 121 Prepackaged Cookie 171 Diet: Low Sugar Cookie  Total Sodium: 651 Calories: 764 Carbs: 80	<b>9</b> Swedish Meatballs 341 Egg Noodles 35 Mixed Veg 56 WW Bread 160 Flavored Applesauce 0  Total Sodium: 576 Calories: 579 Carbs: 72	<b>10</b> Crustless Chicken Pot Pie 273 Garlic Mash. Potatoes 53 Biscuit 340 Pears 4  Total Sodium: 670 Calories: 560 Carbs: 72
<b>13</b> American Chop Suey 211 Broccoli 9 WW Roll 160 Mixed Fruit 10  Total Sodium: 390 Calories: 416 Carbs: 60	<b>14</b> Braised Beef 254 Whipped Sweet Potato 33 Brussel Sprouts 12 Oatmeal Bread 121 Fresh Apple 2  Total Sodium: 421 Calorie: 571 Carbs: 74	<b>15</b> Chicken Marsala 439 Florentine Rice 112 Tuscany Blend Veg. 56 Scali Bread 310 Peaches 5  Total Sodium: 922 Calories: 482 Carbs: 66	<b>16 High Sodium Meal</b> Baked Ham w/ 931 Honey Glaze 37 Red Bliss Potatoes 4 Carrots & Turnips 29 Honey Wheat Bread 121 Chocolate Fudge Brownie 160 Diet: LS Mini Choc. Cream Pie 140  Total Sodium: 1283 Calories: 714 Carbs: 104	<b>17</b> "Catch of the Day" 250 Lemon Dill Sauce 111 Rice Pilaf 134 Peas 58 Multigrain Bread 190 Pears 5  Total Sodium: 749 Calories: 446 Carbs: 65
<b>20</b> Chicken Alfredo 435 Bowtie Pasta 1 Italian Blend Veg. 36 WW Roll 160 Pineapple 1  Total Sodium: 633 Calories: 489 Carbs: 71	<b>21</b> Spinach & Cheese Omelet 393 Potato Wedges 27 Peppers & Onions 3 Fruit Loaf 170 Orange Juice Cup 5  Total Sodium: 598 Calorie: 692 Carbs: 90	<b>22</b> Cheeseburger 387 Ketchup 82 O'Brien Potatoes 117 Green Beans 3 HB Roll 230 Banana 1  Total Sodium: 819 Calories: 628 Carbs: 66	<b>23</b> Mac n' Cheese 404 Escalloped Tomatoes 143 Multigrain Roll 190 Flavored Applesauce 0  Total Sodium: 737 Calories: 592 Carbs: 79	<b>24 No Meals Served</b> 
<b>27</b> BBQ Pork Rib 280 Scalloped Potatoes 185 Beans Bonanza 39 Potato Bread 120 Mandarin Oranges 7  Total Sodium: 631 Calories: 388 Carbs: 56	<b>28</b> Turkey Stew *587 White Rice 4 WW Roll 210 Pineapple 1  Total Sodium: 803 Calorie: 449 Carbs: 71	<b>29</b> Beef & Cabbage 300 Casserole Mashed Potatoes 52 Oatmeal Roll 121 Pumpkin Pie 430 Diet: Low Sugar Cookie 210  Total Sodium: 903 Calories: 794 Carbs: 118	<b>30</b> Mini Ravioli w/ 400 Pesto Sauce 65 Tahitian Blend 38 Multigrain Roll 190 Pears 4  Total Sodium: 697 Calories: 496 Carbs: 68	<b>31 No Meals Served</b> 

\* Indicates a food with more than 500 mg sodium.

Please inform Coastline if you have any food allergies.

\*\*\*Consumers should anticipate frequent menu substitutions in the near future due to supply chain shortages.\*\*\*

**Your voluntary \$2 donation today, provides more meals tomorrow.**