







Monday	Tuesday	Wednesday	Thursday	Friday
		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium	For weather emergencies and cancellations, please check 1420 AM WBSM radio.	1 Sodium (mg): Na* Tuna Salad 245 Pasta Salad 56 Beet Salad 173 Whole Wheat Wrap 160 Peaches 5
			For Reservations/ Cancellations, call (508) 742-9192 AT LEAST 24 hours in advance.	Total Sodium: 638 Calories: 397 Carbs: 62
4	5	6	7	8
Sloppy Joe 221 Potato Wedges 27 Chuckwagon Veg. 2 Hamburger Roll 230 Pears 4	Chicken Mozambique 310 Rice & Beans 35 Peppers & Onions 3 Whole Wheat Bread 160 Frosted Brownie 162 Diet: Diet Cookie	Pork Lo Mein 254 Asian Vegetables 26 Oatmeal Roll 121 Banana 1	Crustless Turkey Pot Pie 221 Whipped Potato 52 Biscuit 340 Mixed Fruit 10	Salmon 67 w/ Herb Sauce 76 Rice Pilaf 134 Green Beans 3 Honey Wheat 135 Applesauce 14
Total Sodium: 484 Calories: 558 Carbs: 80	Total Sodium: 671 Calories: 725 Carbs: 90	Total Sodium: 401 Calories: 530 Carbs: 75	Total Sodium: 623 Calories: 567 Carbs: 75	Total Sodium: 429 Calories: 421 Carbs: 55
11	12	13	14	15
Chicken A La King 183 Rice 4 Mixed Vegetables 41 Scali Bread 310 Peaches 5	Beef Bordelaise 247 Sweet Potato 33 Peas 58 WW Roll 160 Pears 5	Swedish Meatballs 341 Egg Noodles 35 Glazed Carrots 83 Oatmeal Bread 121 Fresh Orange 5	Ham w/ 294 Pineapple Raisin Sauce 6 Oven Roasted Potatoes 33 California Blend 27 Multigrain Bread 190 Pound Cake 240 	Stuffed Shells 390 Tomato Basil Sauce 55 Brussels Sprouts 12 Dinner Roll 210 Mixed Fruit 10
Total Sodium: 543 Calories: 585 Carbs: 85	Total Sodium: 503 Calories: 588 Carbs: 74	Total Sodium: 579 Calories: 578 Carbs: 74	Total Sodium: 789 Calories: 544 Carbs: 95	Total Sodium: 677 Calories: 423 Carbs: 71
18	19	20	21	22
 No Meals Served		Chicken Jambalaya 310 Confetti Rice 43 Mexicali Corn 6 Snowflake Roll 260 Mandarin Oranges 7	Meatloaf w/ 131 Rosemary Gravy 124 Au Gratin Potatoes 154 Trio Blend Veg. 15 WW Bread 160 Fresh Nectarine 0	Turkey Divan 321 Penne Pasta 1 Mixed Vegetables 41 Oatmeal Roll 121 Lemon Pudding 174 Diet: Diet Pudding 210
		Total Sodium: 625 Calories: 567 Carbs: 80	Total Sodium: 584 Calories: 524 Carbs: 59	Total Sodium: 657 Calories: 689 Carbs: 87
25	26	27	28	29
Buttermilk Chicken 459 Bowtie Pasta 1 Italian Blend 26 Scali Bread 310 Mixed Fruit 10	Pork Lentil Stew 356 Whipped Potato 4 Multigrain Roll 190 Pineapple 1	Vegetarian Chili 213 Quinoa Pilaf 4 Corn Muffin 280 Bistro Lemon Cake 209 Diet: Low Sugar Cake 210	Beef Stir Fry w/ 342 Peppers & Onions Jasmin Rice 35 Honey Wheat Roll 135 Banana 1	Broccoli & Egg Bake 387 Hash Browns 136 Escalloped Tomatoes 143 Fruit Loaf 170 Orange Juice 0
Total Sodium: 806 Calories: 540 Carbs: 81	Total Sodium: 552 Calories: 628 Carbs: 84	Total Sodium: 706 Calories: 653 Carbs: 123	Total Sodium: 513 Calories: 412 Carbs: 55	Total Sodium: 836 Calories: 830 Carbs: 93

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