



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Sodium (mg): Na* Chicken a La King 183 Egg Noodles 35 Spring Blend Veg. 57 Oatmeal Roll 121 Peaches 5	<b>2</b> Sodium (mg): Na* Salisbury Steak w/ 200 Onion Gravy 110 Mashed Potatoes 52 Peas & Mushrooms 133 Multigrain Bread 190 Pears 4	<b>3</b> Sodium (mg): Na* Chicken Cordon Blue *550 Red Bliss Potatoes 4 Mixed Vegetables 41 Dinner Roll 210 Pineapple 1	<b>4</b> Sodium (mg): Na* Shrimp Mozambique 393 Yellow Rice 22 Green Beans 3 Restaurant Pop 260 Fresh Orange 0 	<b>5</b> Sodium (mg): Na* Hot Dog *550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Mixed Fruit 10
Total Sodium: 402 Calories: 520 Carbs: 64	Total Sodium: 690 Calories: 612 Carbs: 80	Total Sodium: 806 Calories: 554 Carbs: 76	Total Sodium: 678 Calories: 520 Carbs: 80	Total Sodium: 908 Calories: 599 Carbs: 72
<b>8</b> Beef & Broccoli 108 Asian Rice 78 Whole Wheat Roll 160 Applesauce 14	<b>9</b> Grilled Chicken Parm. 410 Italian Pasta 1 Genoa Blend Veg. 40 Scali Bread 310 Pineapple 1	<b>10</b> Boneless Ribs w/ 403 Sazon Sauce Roasted Yams 31 Collard Greens 33 Oatmeal Roll 121 Peaches 5 	<b>11</b> Roast Turkey w/ Gravy 373 Cranberry Sauce (2) 6 Mashed Potatoes 52 Winter Squash 57 Multigrain Bread 190 Iced Brownie 162 Diet: Lorna Doone's 147	<b>12</b> Macaroni & Cheese 404 Tomato Florentine 121 Snowflake Roll 210 Mandarin Oranges 7
Total Sodium: 360 Calories: 528 Carbs: 55	Total Sodium: 763 Calories: 583 Carbs: 87	Total Sodium: 592 Calories: 408 Carbs: 61	Total Sodium: 838 Calories: 826 Carbs: 128	Total Sodium: 742 Calories: 572 Carbs: 74
<b>15</b> Chicken Divan 282 w/ Broccoli Confetti Rice 43 Multigrain Roll 190 Cookie 171 Diet: Low Sugar Cookie	<b>16</b> Shepherd's Pie 271 Carrot Coins 62 Dinner Roll 210 Pears 4	<b>17</b> Chicken Bruschetta 394 Au Gratin Potatoes 154 Peas & Carrots 80 Whole Wheat Bread 160 Cantaloupe 0	<b>18</b> BBQ Pulled Pork 454 Baked Beans 140 Hot German Slaw 81 Hamburger Roll 230 Mixed Fruit 10	<b>19</b> Seafood Newburg *569 Fluffy Rice 36 Spring Blend Veg. 57 Wheat Bread 115 Mandarin Oranges 7
Total Sodium: 685 Calories: 771 Carbs: 84	Total Sodium: 547 Calories: 592 Carbs: 85	Total Sodium: 788 Calories: 412 Carbs: 51	Total Sodium: 915 Calories: 531 Carbs: 72	Total Sodium: 784 Calories: 409 Carbs: 52
<b>22</b> Chicken Cacciatore 446 Italian Pasta 1 Jardinière Blend 39 Multigrain Bread 190 Peaches 6	<b>23</b> Swedish Meatballs 343 Mashed Potato 52 Scandinavian Blend Veg. 42 Oatmeal Bread 121 Lemon Pudding 174 Diet: Low Sugar Pudding 100	<b>24</b> Pork w/ Adobo Sauce 280 Red Bliss Potatoes 4 Brussel Sprouts 12 Whole Wheat Roll 160 Banana 1 	<b>25</b> Cheese Lasagna 345 w/ Tomato Basil Sauce 55 Roman Blend Veg. 26 Dinner Roll 210 Pineapple 1	<b>26</b> Cheeseburger 384 Ketchup 82 Potato Wedges 27 Chuckwagon Corn 2 Hamburger Roll 230 Pears 
Total Sodium: 682 Calories: 526 Carbs: 77	Total Sodium: 655 Calories: 574 Carbs: 71	Total Sodium: 457 Calories: 358 Carbs: 56	Total Sodium: 651 Calories: 375 Carbs: 64	Total Sodium: 728 Calories: 707 Carbs: 78
<b>29</b> Fiesta Omelet 270 Hash Browns 136 Tomato & Zucchini 72 Fruit Loaf 170 Fresh Orange 0	<b>30</b> Chicken Stew w/ Veg. 273 Red Bliss Potatoes 4 Biscuit 340 Pineapple 1	<b>31</b> Pot Roast w/ Gravy 364 Cheesy Mashed Pota 80 Italian Blend Veg. 26 Multigrain Bread 190 Mini Red Velvet Cake 209 Diet: Low Sugar Cake 210	All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium	<b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b>  For Reservations/ Cancellations, call (508) 742-9192 AT LEAST 24 hours in advance.
Total Sodium: 648 Calories: 576 Carbs: 86	Total Sodium: 619 Calories: 513 Carbs: 66	Total Sodium: 868 Calories: 797 Carbs: 106		

\* 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.**