



Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium	<div style="background-color: #92d050; padding: 5px; text-align: center;"> For weather emergencies and cancellations, please check 1420 AM WBSM radio. </div> For Reservations/ Cancellations, call (508) 742-9192 AT LEAST 24 hours in advance.	1 Sodium (mg): Na ⁺ Tossed Salad w/ Dressing 124 California Chicken Salad 337 German Potato Salad 85 Multigrain Roll 135 Fresh Orange 0 Total Sodium: 681 Calories: 456 Carbs: 69	2 Sodium (mg): Na ⁺ Turkey Divan 321 O'Brien Potatoes 117 WW Roll 160 Iced Banana Cake 260 Diet: Sugar-Free Cookie 55 Total Sodium: 858 Calories: 715 Carbs: 62	3 Sodium (mg): Na ⁺ Salmon w/ 67 Lemon Dill Sauce 111 Rice 36 Carrots 77 Snowflake Roll 260 Mixed Fruit 10 Total Sodium: 561 Calories: 491 Carbs: 67
6 Beef Burgundy 241 Garlic Mashed 53 Peas 82 Scali Bread 310 Fresh Apple 2		7 Adobo Pulled Pork 84 Yellow Rice 31 Cabbage & Carrots 47 Oatmeal Roll 121 Peaches 5	8 Mushroom & Barley Soup 173 Roast Chicken w/ 320 Apricot Sauce 39 Cauliflower/Broccoli 15 Multigrain Roll 190 Chocolate Chunk Cookie 171 Diet: Graham Wafer 85 Total Sodium: 908 Calories: 732 Carbs: 67	9 Beef Taco 134 Spanish Rice 22 Corn 1 6" Tortilla 236 Pears 5 Total Sodium: 398 Calories: 515 Carbs: 62
13 Meatball Sub 265 Rotini 1 Winter Blend 15 Sub Roll 162 Pears 5	14 Egg Salad 373 Pasta Salad 56 Cole Slaw 81 WW Bread 160 Fresh Orange 0	15 Oriental Veg. Soup 185 Teriyaki Chicken 478 Asian Rice 78 Multigrain Roll 190 Fortune Cookie 2	16 High Sodium Meal Corned Beef Hash *775 Boiled Potatoes 51 Cabbage & Carrots 47 Raisin Bread 90 Leprechaun Cake 209 Diet: Low Sugar Cake 210	17 Lentil Chili *565 White/Brown Rice 4 WW Roll 160 Peaches 5 Total Sodium: 734 Calories: 455 Carbs: 89
20 Pasta Bolognese 164 Jardinière Blend 39 Multigrain Roll 190 Fresh Orange 0	21 Vegetable Kale Soup 173 Portuguese Chicken 420 Tomato Rice 22 Crusty Dinner Roll 160 Banana 1	22 Turkey w/ Gravy 454 Mashed Potatoes 52 Winter Squash 11 Oatmeal Bread 121 Vanilla Pudding 174 Diet: SF Pudding 100	23 Hot Dog *550 Mustard 55 Baked Beans 36 Peas & Carrots 80 HD Roll 210 Flavored Applesauce 0	24 Baked Cod w/ 220 Herb Sauce 76 Delmonico Potatoes 142 California Blend 27 Oatmeal Bread 121 Pineapple 1 Total Sodium: 587 Calories: 395 Carbs: 60
27 Chicken Cacciatore 446 Penne Pasta 1 Brussel Sprouts 12 Scali Bread 310 Mixed Fruit 10	28 Shepherd's Pie 271 Green Beans 3 Dinner Roll 210 Mandarin Oranges 7	29 Pork w/ Apple Gravy 182 Parsley Mash. Potato 53 Peas & Mushrooms 133 WW Bread 160 Pound Cake 240 Diet: Low Sugar Cake 230	30 Stuffed Chicken w/ 410 Broccoli & Cheese Rice Pilaf 134 Italian Blend 26 Oatmeal Roll 121 Applesauce 15	31 Spanish Omelet 382 Hash Browns 136 Pepper & Onions 3 Fruit Loaf 160 Mixed Fruit 10 Total Sodium: 701 Calories: 619 Carbs: 75
Total Sodium: 779 Calories: 503 Carbs: 79	Total Sodium: 491 Calories: 603 Carbs: 87	Total Sodium: 738 Calories: 736 Carbs: 91	Total Sodium: 706 Calories: 496 Carbs: 62	Total Sodium: 701 Calories: 619 Carbs: 75

* 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.