



Monday	Tuesday	Wednesday	Thursday	Friday
<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>1 Sodium (mg): Na⁺</p> <p>Bourbon Chicken 389 Yukon Gold Potatoes 5 Chuckwagon Corn 2 Corn Muffin 291 Mandarin Orange 7</p> <p>Total Sodium: 693 Calories: 560 Carbs: 85</p>	<p>2 Sodium (mg): Na⁺</p> <p>Roast Pork 141 w/ Apple Gravy 111 Parsley Mashed Potato 53 Butternut Squash 11 Oatmeal Bread 121 Pears 4</p> <p>Total Sodium: 441 Calories: 604 Carbs: 83</p>	<p>3 Sodium (mg): Na⁺</p> <p>Tuna Noodle 358 Casserole Mixed Veg 88 WW Roll 160 Plum </p> <p>Total Sodium: 606 Calories: 430 Carbs: 62</p>
	<p>6 A</p> <p>Macaroni & Cheese 404 Escaloped Tomatoes 143 Dinner Roll 260 Tropical Fruit 10</p> <p>Total Sodium: 767 Calories: 613 Carbs: 81</p>	<p>7 A</p> <p>Mexican Chicken 413 Spanish Rice 22 Mixed Vegetables 41 Oatmeal Roll 121 Pineapple 1</p> <p>Total Sodium: 597 Calories: 408 Carbs: 63</p>	<p>8 A</p> <p>Vegetable Soup 174 Beef Stroganoff 290 w/ Egg Noodles 35 Green Beans 3 Fruit Loaf 160 Banana 1</p> <p>Total Sodium: 664 Calories: 903 Carbs: 101</p>	<p>9 *High Sodium Meal</p> <p>Chicken Cordon Blue *550 Roasted Potatoes 33 California Blend 27 Snowflake Roll 260 Strawberry Shortcake 176</p> <p>Total Sodium: 1046 Calories: 712 Carbs: 96</p>
<p>13 B</p> <p>Minestrone Soup 239 American Chop Suey 211 Broccoli 12 WW Roll 160 Pears  4</p> <p>Total Sodium: 626 Calories: 551 Carbs: 79</p>	<p>14 B</p> <p>Cheese Florentine 392 Omelet Hash Browns 136 Florentine Tomatoes 121 WW Bread 160 Orange juice 5</p> <p>Total Sodium: 814 Calories: 491 Carbs: 59</p>	<p>15 B</p> <p>Chicken Marsala 439 Penne Pasta 62 Brussels Sprouts 12 Oatmeal Roll 121 Banana Pudding 100 Diet: SF Banana Pudding</p> <p>Total Sodium: 672 Calories: 443 Carbs: 55</p>	<p>16 B</p> <p>Hotdog* 550 Mustard & Relish 136 Baked Beans 36 Cabbage & Carrots 47 Hotdog Roll 210 Peaches 5</p> <p>Total Sodium: 984 Calories: 607 Carbs: 74</p>	<p>17 B</p> <p>Teriyaki Salmon 225 Fluffy White Rice 78 Peas 82 Multigrain Roll 190 Pineapple 1</p> <p>Total Sodium: 576 Calories: 484 Carbs: 72</p>
<p>20 A</p> <p>Greek Meatballs 328 Penne 1 Peas & Mushrooms 133 Multigrain Bread 190 Mandarins 6</p> <p>Total Sodium: 658 Calories: 564 Carbs: 76</p>	<p>21 A</p> <p>Shrimp Mozambique 434 Yellow Rice 31 Mixed Vegetables 41 WW Roll 160 Pears  4</p> <p>Total Sodium: 670 Calories: 770 Carbs: 72</p>	<p>22 A</p> <p>Tossed Salad 9 w/ Italian Dressing 119 Mexican Chicken & Bean Chili 241 Brown Rice 36 Corn Muffin 280 Pineapple 1</p> <p>Total Sodium: 686 Calories: 565 Carbs: 83</p>	<p>23 A</p> <p>Turkey w/ Gravy 373 Parsley Mashed 53 Potatoes Butternut Squash 11 Oatmeal roll 121 Oreo Cookies 85 LS: Lorna Doone 4</p> <p>Total Sodium: 643 Calories: 554 Carbs: 87</p>	<p>24 A</p> <p>BBQ Pork Rib Sandwich 403 Smiley Tots 33 Green Beans & Pepper 16 Hamburger Roll 230 Sliced Cinnamon Apple 4</p> <p>Total Sodium: 686 Calories: 446 Carbs: 59</p>
<p>27 B</p> <p> MEMORIAL DAY</p>	<p>28 B</p> <p>Cheese Burger 384 Ketchup 82 Lyonnaise Potatoes 112 Corn 1 Hamburger Roll 230 Peaches 5</p> <p>Total Sodium: 814 Calories: 659 Carbs: 77</p>	<p>29 B</p> <p>Chicken Picatta 424 Bowtie Pasta 1 Jardiniere Blend Veg. 39 WW Roll 160 Birthday Pound Cake 240</p> <p>Total Sodium: 863 Calories: 569 Carbs: 78</p>	<p>30 B</p> <p>Meatloaf w/ Gravy 350 Mashed Potato 52 Glazed Carrots 83 Oatmeal Bread 121 Pink Lady Apple 2</p> <p>Total Sodium: 607 Calories: 524 Carbs: 87</p>	<p>31 B</p> <p>Veggie Primavera 345 Penne Pasta 1 Broccoli 12 Dinner Roll 210 Mandarins 6</p> <p>Total Sodium: 574 Calories: 438 Carbs: 76</p>
<p>No Meals Served</p>	<p>Total Sodium: 814 Calories: 659 Carbs: 77</p>	<p>Total Sodium: 863 Calories: 569 Carbs: 78</p>	<p>Total Sodium: 607 Calories: 524 Carbs: 87</p>	<p>Total Sodium: 574 Calories: 438 Carbs: 76</p>

* 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.