

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium (mg): Na*	2	Sodium (mg): Na*	3	Sodium (mg): Na*	4	No Meals Served	5	Sodium (mg): Na*
Turkey Stew*	510	Vegetable Soup	170	Cajun Chicken	377		LS Hot Dog*	540	
Parsley Mashed	50	American Chop Suey	211	Dirty Rice	132		Baked Beans	37	
Biscuit	310	Italian Blend	51	Chickpea Blend	309		Glazed Carrots	83	
Mandarin Oranges	7	Multigrain Roll	190	WW Bread	160		Hot Dog Roll	210	
		Applesauce	14	Fresh Orange			Tropical Fruit	10	
Total Sodium:	877	Total Sodium:	611	Total Sodium:	978	Total Sodium:	880		
Calories: 463	Carbs: 72	Calories: 514	Carbs: 76	Calories: 535	Carbs: 73	Calories: 635	Carbs: 77		
8	B	9	B	10	B	11	B	12	B
Potato Pollock	150	Broccoli and Cheese	387	Chicken Brushetta	366	Meat Loaf	230	Korean Meatballs	390
Tartar Sauce	261	Omelette		Whipped Sweet	33	w/ Onion Gravy	105	Asian Rice	73
Confetti Rice	38	Hashbrowns	132	Potatoes		Mashed Potato	50	Broccoli	12
Spring Blend Veg	57	Stewed Tomatoes	143	Tahitian Vegetables	38	Green Beans	3	Oatmeal roll	121
Hamburger Bun	230	Fruit Loaf	160	WW Roll	160	Oatmeal Bread	121	Mandarin Oranges	7
Sliced Apples	10	Orange Juice	5	Mixed fruit	10	Brownie	132		
						LS: Graham Wafer			
Total Sodium:	746	Total Sodium:	827	Total Sodium:	607	Total Sodium:	641	Total Sodium:	603
Calories: 588	Carbs: 77	Calories: 583	Carbs: 75	Calories: 411	Carbs: 66	Calories: 582	84	Calories: 429	Carbs: 55
15	A	16	A	17	A	18	A	19	A
Pork Sausage* w/ Peppers and Onions	520	Asian Vegetable Soup	180	Mac and Cheese*	588	Lemon Chicken	330	Portuguese Seafood*	565
Pasta Alfredo	121	Beef Lo Mein	437	Tomato Florentine	121	Florentine Rice	107	Linguine	
Sub Roll	162	Oriental Blend	38	WW Roll	160	Carrot Coins	77	Green Beans	3
Peaches	5	Snowflake Roll	260	Fresh Fruit Salad	4	Multigrain Bread	190	Oatmeal Roll	121
		Pineapple	1			Chocolate Chip Cookie	155	Fresh Orange	
						LS: SF Cookie			
Total Sodium:	808	Total Sodium:	916	Total Sodium:	873	Total Sodium:	859	Total Sodium:	689
Calories: 495	Carbs: 69	Calories: 651	Carbs: 102	Calories: 585	Carbs: 97	Calories: 706	Carbs: 83	Calories: 451	Carbs: 66
22	B	23	B	24	B	25	B	26	B
BBQ Pork Patty	280	Tossed Salad	124	Cheeseburger*	581	Roast Turkey	449	Apricot Chicken	354
Garlic Mashed Potato	49	w/ Italian Dressing		Ketchup	82	w/ Rosemary Gravy	117	Mashed Potatoes	77
Country Veg	32	Veggie Chili	214	Potato Wedges	27	Red Bliss Potatoes	15	Peas	82
WW Bread	115	Black Bean Rice	31	Cabbage and Carrots	47	Zucchini & Tomatoes	39	Multigrain Bread	190
Cinnamon Apple Slices	10	Corn Bread	280	Hamburger Roll	230	WW Roll	160	Pears	4
		Mixed Fruit	10	Pineapple	1	Birthday Cake	240		
Total Sodium:	487	Total Sodium:	658	Total Sodium:	968	Total Sodium:	1020	Total Sodium:	707
Calories: 420	Carbs: 68	Calories: 579	Carbs: 102	Calories: 645	Carbs: 76	Calories: 458	64	Calories: 541	Carbs: 84
29	A	30	A	31	A	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.	
Tuna Noodle Casserole	351	Mexicali Chicken	162	Maple Glazed Pork	146				
Broccoli and Carrots	15	Spanish Rice	23	Roasted Potatoes	28				
Crusty Dinner Roll	210	Brussel Sprouts	12	Mixed Vegetables	41				
Applesauce	15	Snowflake Roll	260	WW Roll	160				
		Mixed fruit	10	Canteloupe					
Total Sodium:	900	Total Sodium:	466	Total Sodium:	374			For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.	
Calories: 528	Carbs: 86	Calories: 468	Carbs: 75	Calories: 493	Carbs: 56				

* 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.