

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>1 Sodium (mg): Na⁺</p> <p>Potato Pollock 290 w/ Tartar Sauce 110 Sweet Potato Wedges 150 Green Peas 20 WW Roll 150 Fruit Snack Loaf 150 LS: Mixed Fruit</p> <p>Total Sodium: 868 Calories: 733 Carbs: 95</p>	<p>2 Sodium (mg): Na⁺</p> <p>Beef Meatballs 294 Whole Wheat Pasta 221 Green Beans 20 w/ Red Peppers Garlic Bread 277 Banana 1</p> <p>Total Sodium: 807 Calories: 578 Carbs: 87</p>	<p>3 Sodium (mg): Na⁺</p> <p>Harvest Roasted Chicken 123 w/ Apple Chutney Mashed Potatoes 124 Broccoli 29 WW Bread 65 Pound Cake 240 LS: Mixed Fruit</p> <p>Total Sodium: 579 Calories: 674 Carbs: 93</p>	<p>4 Sodium (mg): Na⁺</p> <p>Pulled Pork Tacos 319 w/ Lime Wedge Mexican Rice 185 Black Beans & Corn 88 Mini Tortillas (2) 270 Fruit Cup 0</p> <p>Total Sodium: 860 Calories: 701 Carbs: 106</p>
	7 A	8 A	9 A	10 A
<p>Beef Teriyaki 480 White Rice 25 Carrots 50 Dinner Roll 250 Mixed Fruit 5</p> <p>Total Sodium: 808 Calories: 614 Carbs: 87</p>	<p>Caprese Salad 373 Stewed Chicken 140 Polenta 4 Vegetable Medley 54 Cornbread Loaf 180 Pear 2</p> <p>Total Sodium: 751 Calories: 700 Carbs: 96</p>	<p>Tuscan White Fish 480 Rice Pilaf 50 Mixed Vegetable 50 WW Bread 65 Chocolate Pudding 130 LS: Mixed Fruit</p> <p>Total Sodium: 773 Calories: 722 Carbs: 91</p>	<p>Roast Turkey 400 w/ Gravy Mashed Potatoes 124 Green Peas 20 Cornbread Loaf 180 Oatmeal Cookie 90 LS: Mixed Fruit</p> <p>Total Sodium: 812 Calories: 635 Carbs: 80</p>	<p>Pumpkin Ravioli 181 w/ Sage Cream Sauce 192 Broccoli 29 Bread Stick 270 Cinnamon Apples 3</p> <p>Total Sodium: 673 Calories: 760 Carbs: 110</p>
14 No Meals Served	15 B	16 B	17 B	18 B
	<p>Hawaiian Chicken 238 Sweet Rice 38 Carrots 56 WW Roll 65 Pear 2</p> <p>Total Sodium: 397 Calories: 679 Carbs: 99</p>	<p>Pork Cacciatore 186 Roasted Potatoes 85 Mixed Vegetables 50 Wheat Bread 65 Mini Apple Bites 140</p> <p>Total Sodium: 524 Calories: 752 Carbs: 92</p>	<p>Unstuffed Pepper Bowl 276 w/ Ground Beef White Rice 25 Kale & Peppers 29 WW Roll 150 Peach 0</p> <p>Total Sodium: 478 Calories: 681 Carbs: 60</p>	<p>Baked Shrimp 612 w/ Tomato Caper Sauce Orzo 4 Green Beans & Peppers 20 Bread Stick 270 Vanilla Pudding 140</p> <p>Total Sodium: 1044 Calories: 535 Carbs: 79</p>
	21 A	22 *High Sodium Meal	23 A	24 A
<p>Maple-Bacon Glazed Chicken 419 Sweet Potatoes 141 Brussel Sprouts 26 WW Bread 65 Fruit Cup 0</p> <p>Total Sodium: 649 Calories: 641 Carbs: 110</p>	<p>Spinach Salad 235 Italian Sausage Abruzzi 786 Bowtie Pasta 4 Vegetable Medley 54 WW Roll 150 Pears 2</p> <p>Total Sodium: 1224 Calories: 774 Carbs: 93</p>	<p>Meatloaf w/ Gravy* 546 Mashed Potatoes 124 Broccoli 29 Hawaiian Roll 80 Fruit Snack Loaf 150 LS: Mixed Fruit</p> <p>Total Sodium: 927 Calories: 662 Carbs: 79</p>	<p>Cheese Lasagna 390 w/ Turkey Bolognese 189 Carrots 56 Garlic Breadstick 270 Peach 0</p> <p>Total Sodium: 903 Calories: 661 Carbs: 77</p>	<p>BBQ Chicken 385 Baked Beans 140 California Blend Veg 34 White Roll 250 Fruit Cup 0</p> <p>Total Sodium: 807 Calories: 630 Carbs: 92</p>
28 B	29 B	30 B	31 *High Sodium Meal	
<p>Garlic Salmon 407 Rice Pilaf 50 Garlic Kale 31 White Roll 250 Chocolate Pudding 130 LS: Mixed Fruit</p> <p>Total Sodium: 866 Calories: 871 Carbs: 88</p>	<p>Turkey Chili 372 w/ Shredded Cheese 96 California Blend Veg 34 Whole Grain Biscuit 370 Pear 0</p> <p>Total Sodium: 870 Calories: 775 Carbs: 89</p>	<p>Hot Dog* 540 Baked Beans 140 Green Peas 20 Brown Bread 180 Banana 1</p> <p>Total Sodium: 879 Calories: 687 Carbs: 85</p>	<p>Honey Mustard Chicken* 786 Roasted Potatoes 85 Mixed Vegetables 51 Wheat Bread 65 Birthday Cake 300 LS: Fruit</p> <p>Total Sodium: 1285 Calories: 919 Carbs: 110</p>	<p>All Meals include:</p> <p><u>Milk:</u> 99 Calories 104mg Sodium 12g Carbs</p> <p><u>Margarine:</u> 36 Calories 33mg Sodium</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.

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