



Monday	Tuesday	Wednesday	Thursday	Friday
<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>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 No Meals Served</p>	<p>2 Sodium (mg): Na⁺</p> <p>Unstuffed Pepper Bowl w/ Ground Beef 276 White Rice 25 Mixed Vegetables 56 Wheat Roll 150 Pear Fruit Cup 5</p> <p>Total Sodium: 512 Calories: 706 Carbs: 68</p>	<p>3 Sodium (mg): Na⁺</p> <p>Salmon Florentine 182 Mashed Potatoes 22 Carrots 56 Wheat Bread 65 Peach Fruit Cup 5</p> <p>Total Sodium: 330 Calories: 542 Carbs: 62</p>
<p>6 A</p> <p>American Chop Suey 270 WG Pasta 1 Broccoli & Red Peppers 29 Wheat Roll 150 Chocolate Pudding 130 Diet: Fruit Cup</p> <p>Total Sodium: 580 Calories: 603 Carbs: 69</p>	<p>7 A</p> <p>Teriyaki Meatballs* 602 White Rice 25 Brussel Sprouts 26 Hawaiian Roll 80 Cinnamon Apples 3</p> <p>Total Sodium: 736 Calories: 495 Carbs: 71</p>	<p>8 A</p> <p>Garden Vegetable Soup 187 Chicken Noodle Casserole 397 Egg Noodles 7 Carrots 56 Wheat Roll 150 Banana</p> <p>Total Sodium: 797 Calories: 707 Carbs: 87</p>	<p>9 A</p> <p>Cod Picatta 460 Rice Pilaf 50 Green Peas 20 Hawaiian Roll 80 Shortbread Cookie 150 Diet: Fruit Cup</p> <p>Total Sodium: 760 Calories: 688 Carbs: 84</p>	<p>10 A</p> <p>Chicken w/ Cheese 225 Tortellini Pesto Cream Sauce 260 Green Beans & Peppers 20 Dinner Roll 150 Pear Fruit Cup 5</p> <p>Total Sodium: 660 Calories: 737 Carbs: 74</p>
<p>13 B</p> <p>Pot Roast* 587 w/ Brown Gravy Mashed Sweet Potatoes 42 Cali Blend Vegetables 34 Wheat Bread 65 Applesauce 2</p> <p>Total Sodium: 730 Calories: 525 Carbs: 82</p>	<p>14 B</p> <p>Broccoli Cheddar 410 Stuffed Chicken Mashed Potatoes 22 Mixed Winter Veg 65 Hawaiian Roll 80 Vanilla Pudding 130 Diet: Fruit Cup</p> <p>Total Sodium: 707 Calories: 601 Carbs: 75</p>	<p>15 B</p> <p>Creamy Cajun Shrimp* 534 WG Pasta 4 Corn w/ Peppers 21 Wheat Bread 65 Cinnamon Apples 3</p> <p>Total Sodium: 627 Calories: 541 Carbs: 79</p>	<p>16 B</p> <p>Beef w/ Peppers & Onions 154 White Rice 25 Carrots 56 Wheat Roll 150 Banana 1</p> <p>Total Sodium: 386 Calories: 542 Carbs: 74</p>	<p>17 B</p> <p>Roasted Chicken Thigh 90 Mac & Cheese 402 Green Peas 20 Wheat Roll 150 Chocolate Chip Cookie 80 Diet: Fruit Cup</p> <p>Total Sodium: 742 Calories: 803 Carbs: 73</p>
<p>20 No Meals Served</p>	<p>21 A</p> <p>Pork Chop 85 w/ Apple Chutney Butternut Squash 3 Broccoli 29 Dinner Roll 150 Applesauce 2</p> <p>Total Sodium: 269 Calories: 607 Carbs: 77</p>	<p>22 A</p> <p>Garden Salad w/ Italian 287 Beef Stew 219 Green Beans 20 w/ Red Peppers Cornbread 180 Vanilla Pudding 130</p> <p>Total Sodium: 836 Calories: 747 Carbs: 76</p>	<p>23 A</p> <p>Rosemary Garlic Chicken 143 Mashed Potatoes 22 Vegetable Medley 55 Dinner Roll 150 Pound Cake 240 Diet: Fruit Cup</p> <p>Total Sodium: 610 Calories: 793 Carbs: 83</p>	<p>24 A</p> <p>Herb Crusted Fish 425 w/ Lemon Orzo 4 Garlic Spinach 113 Wheat Bread 65 Peach Fruit Cup 5 Tartar Sauce 110</p> <p>Total Sodium: 722 Calories: 640 Carbs: 89</p>
<p>27 B</p> <p>Honey Jerk Chicken 383 Vegetable Couscous 26 Zucchini & Peppers 20 Wheat Roll 150 Applesauce 2</p> <p>Total Sodium: 581 Calories: 567 Carbs: 67</p>	<p>28 B</p> <p>Salisbury Steak* 650 w/ Gravy Mashed Potatoes 22 Carrots 56 Wheat Bread 65 Pear 0</p> <p>Total Sodium: 793 Calories: 532 Carbs: 77</p>	<p>29 B</p> <p>Chicken Alfredo* 610 WG Pasta 4 Broccoli 29 Hawaiian Roll 80 Banana 1</p> <p>Total Sodium: 724 Calories: 597 Carbs: 78</p>	<p>30 B</p> <p>Beef Stroganoff 185 Mashed Potatoes 25 Brussel Sprouts 26 Wheat Roll 150 Cinnamon Crumb Cake 190 Diet: Fruit Cup</p> <p>Total Sodium: 576 Calories: 728 Carbs: 96</p>	<p>31 B</p> <p>Cheese Lasagna 390 w/ Marinara 220 Green Beans w/ Peppers 20 Dinner Roll 150 Mandarin Orange 0</p> <p>Total Sodium: 780 Calories: 548 Carbs: 78</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 \$3 donation today, provides more meals tomorrow.