



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sodium (mg): Na ⁺ Broccoli & Cheddar 410 Stuffed Chicken Rice Pilaf 50 Mixed Root Veg 65 Cornbread Loaf 180 Pear 2 Total Sodium: 707 Calories: 745 Carbs: 102	2 Sodium (mg): Na ⁺ Braised Beef & Veg 75 Mashed Potatoes 23 Vegetable Medley 54 Wheat Bread 65 Chocolate Pudding 135 Diet: Fruit Total Sodium: 352 Calories: 695 Carbs: 78	3 Sodium (mg): Na ⁺ Pulled Pork Tacos* 550 Cilantro Lime Rice 67 Black Beans, Corn & Peppers 61 Tortilla Wrap 135 Orange 0 Total Sodium: 813 Calories: 545 Carbs: 79	4 Sodium (mg): Na ⁺ Diced Chicken Pot Pie 215 w/ WG Biscuit 370 Broccoli 38 Applesauce 2  Total Sodium: 625 Calories: 633 Carbs: 63	5 Sodium (mg): Na ⁺ Tuscan White Fish 413 Roasted Potatoes 85 Cali Blend Vegetables 34 Wheat Roll 150 Fig Newton 180 Diet: Fruit Total Sodium: 862 Calories: 602 Carbs: 81
8 Maple Bacon 220 Chicken Thigh Butternut Squash 12 Green Peas 20 Hawaiian Roll 80 Banana  1 Total Sodium: 333 Calories: 763 Carbs: 112	9 Creamy Cajun Salmon 225 WG Pasta 4 Green Beans 20 & Red Peppers Wheat Bread 65 Peach Cup 5 Total Sodium: 319 Calories: 635 Carbs: 72	10 Beef Chili 370 w/ Cheese Buttermilk Biscuit 370 Mixed Root Vegetables 65 Vanilla Pudding 130 Diet: Fruit Total Sodium: 935 Calories: 665 Carbs: 65	11 BBQ Chicken Strips 357 Baked Beans 140 Broccoli 38 Cornbread Loaf 180 Chocolate Chip Cookie 80 Total Sodium: 795 Calories: 721 Carbs: 95	12 Meatloaf w/ Gravy* 545 Garlic Mashed Potatoes 23 Carrots 56 Wheat Roll 150 Pear  2 Total Sodium: 776 Calories: 563 Carbs: 71
15 Cheese Ravioli 200 w/ Turkey Bolognese 189 Parmesan Cheese 99 Cali Blend Vegetables 34 Wheat Bread 65 Orange 0 Total Sodium: 587 Calories: 653 Carbs: 78	16 Beef Stroganoff 200 Egg Noodles 7 Brussels Sprouts 26 Wheat Roll 150 Cinnamon Apples 2 Total Sodium: 385 Calories: 661 Carbs: 70	17 Cheesy Chicken Casserole* 555 Seasoned Rice Green Peas 20 Dinner Roll 100 Pear Fruit Cup  0 Total Sodium: 675 Calories: 790 Carbs: 83	18 High Sodium Meal Maple Glazed Honey Ham* 690 Roasted Potatoes 85 Carrots 56 Wheat Roll 150 Chocolate Swirl 105 Diet: Fruit Total Sodium: 1086 Calories: 645 Carbs: 98	19 Broccoli & Egg Bake 315 w/ Buttermilk Biscuit 370 Mixed Vegetables 51 Vanilla Pudding 130 Diet: Fruit Total Sodium: 866 Calories: 597 Carbs: 56
22 Teriyaki Shrimp* 560 White Rice 25 Edamame, Corn & Red Peppers Cornbread Loaf 180 Banana 1 Total Sodium: 788 Calories: 660 Carbs: 103	23 Stewed Tomato 213 Chicken Thigh Rice Pilaf 50 Brussels Sprouts 26 Wheat Roll 150 Oatmeal Cookie 90 Total Sodium: 529 Calories: 605 Carbs: 63	24 Pot Roast w/ Gravy* 590 Baked Sweet Potatoes 21 Mixed Vegetables 50 Cornbread Loaf 180 Apple 2  Total Sodium: 843 Calories: 562 Carbs: 79	25 No Meals Served 26 No Meals Served 	
29 Chicken Anna Maria 468 Roasted Potatoes 85 Green Peas 20 Wheat Roll 150 Peach Cup 5  Total Sodium: 728 Calories: 512 Carbs: 63	30 American Chop Suey 220 WG Pasta 4 Vegetable Medley 54 Wheat Bread 65 Cinnamon Apples 2 Total Sodium: 345 Calories: 642 Carbs: 80	31 Homemade Fried Chicken 185 Black Eyed Peas 141 Beets & Greens 118 Cornbread Loaf 180 Pound Cake 240 Diet: Fruit Total Sodium: 864 Calories: 895 Carbs: 103	All Meals include: <u>Milk:</u> 99 Calories 104mg Sodium 12g Carbs <u>Margarine:</u> 36 Calories 33mg Sodium	
				For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call (508) 999-6400 ext. 3 by 11AM the day before.

* Indicates a food with more than 500 mg sodium.

Consumers should anticipate frequent menu substitutions due to supply chain shortages.

Please inform Coastline if you have any food allergies.

Your voluntary \$3 donation today, provides more meals tomorrow.