



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b> Sodium (mg): Na <sup>+</sup>	<b>3</b> Sodium (mg): Na <sup>+</sup>	<b>4</b> Sodium (mg): Na <sup>+</sup>	<b>5</b> Sodium (mg): Na <sup>+</sup>
Veggie Chili 173 Fluffy Rice 86 Cornbread 160 Peaches 118	Western Omelet 351 w/ Cheese Sauce 115 Hash Browns 136 Broccoli 9 Fruit Loaf 170 Orange Juice	Pot Roast w/ Gravy *521 Garlic Mashed Potato 53 Peas & Carrots 72 Multigrain Bread 190 Fresh Apple 4	Honey Mustard 481 Chicken Florentine Rice 112 Italian Blend 36 WW Roll 160 Lemon Pudding 174 Diet: Diet Pudding 110	"Catch of the Day" w/Herb Sauce 376 Roasted Potatoes 33 Brussel Sprouts 12 Honey Wheat Bread 135 Pears 5
Total Sodium: 609 Calories: 536 Carbs: 96	Total Sodium: 781 Calories: 713 Carbs: 94	Total Sodium: 839 Calories: 553 Carbs: 74	Total Sodium: 793 Calories: 425 Carbs: 68	Total Sodium: 729 Calories: 686 Carbs: 90
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Chicken w/ Pesto 320 Cream Sauce 65 Whipped Sweet Potato 33 Broccoli, Cauliflower, Red Pepper Veg Mix 26 WW Bread 160 Applesauce 15	Sweet n' Sour Pork 75 Asian Rice 78 Oriental Vegetables 26 Dinner Roll 210 Pineapple 1	Mini Raviolis w/ Tomato Sauce 202 Italian Blend 26 WW Garlic Bread 230 Ambrosia 130	<b>No Meals Served</b> 	Turkey Tetrazini *542 w/ Spaghetti 1 Carrot Coins 62 Multigrain Bread 190 Clementine 0
Total Sodium: 619 Calories: 427 Carbs: 65	Total Sodium: 390 Calories: 507 Carbs: 63	Total Sodium: 643 Calories: 443 Carbs: 61		Total Sodium: 794 Calories: 634 Carbs: 97
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
White Chili w/ Chicken 121 Brown Rice 36 Mixed Vegetables 41 Oatmeal Bread 121 Mandarin Oranges 7	American Chop Suey 211 Green Peas 58 Dinner Roll 132 Peaches 5	Portuguese Chicken 360 Green Beans and Red Pepper Mix 16 O'Brien Potatoes 117 WW Roll 160 Mixed Fruit Cup 6	Turkey w/ Gravy 454 Cranberry Sauce 1 Garlic Mashed Potato 53 Winter Squash 11 Multigrain Bread 190 Apple Pie 190 Diet: Angel Food Cake 210	Fish Sandwich *524 Tartar Sauce 261 Potato Wedges 27 Roman Blend 26 Banana 1
Total Sodium: 324 Calories: 374 Carbs: 62	Total Sodium: 406 Calories: 459 Carbs: 65	Total Sodium: 658 Calories: 429 Carbs: 66	Total Sodium: 899 Calories: 694 Carbs: 112	Total Sodium: 838 Calories: 623 Carbs: 73
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Mac n' Cheese 404 Tomato Florentine 121 Oatmeal Roll 121 Mixed Fruit Cup 6	Chicken Bruschetta 394 Italian Pasta 1 WW Roll 160 Fresh Orange 0	Swedish Meatballs 376 Confetti Rice 43 Broccoli 9 Multigrain Bread 190 Birthday Cake 209 Diet: Low Sugar Cake 210		Seafood Casserole *569 Fluffy Rice 4 Peas & Carrots 72 Oatmeal Bread 121 Pineapple
Total Sodium: 652 Calories: 572 Carbs: 75	Total Sodium: 555 Calories: 437 Carbs: 59	Total Sodium: 825 Calories: 602 Carbs: 79		Total Sodium: 767 Calories: 446 Carbs: 71
<b>29</b>	<b>30</b>	<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><b>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.</b></p> <p><b>FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5</b></p>
Chicken La 'Orange 391 Scalloped Potatoes 185 Brussel Sprouts 12 Multigrain Bread 190 Pears 4	Shepherd's Pie 271 Green Beans 3 WW Roll 160 Flavored Applesauce 15			
Total Sodium: 779 Calories: 505 Carbs: 75	Total Sodium: 449 Calories: 585 Carbs: 84			

\* Indicates a food with more than 500 mg sodium.

Please inform Coastline if you have any food allergies.

\*\*\*Consumers should anticipate frequent menu substitutions in the near future due to supply chain shortages.\*\*\*

**Your voluntary \$2 donation today, provides more meals tomorrow.**