



# Meals on Wheels and More

# BSAC, Blaine, Ferndale Community Meals

# October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Rueben Style Chicken *<i>Rueben Style Veggie Cutlet</i> Garlic Roasted Potatoes Buttered Peas Garden Salad Applesauce Bar</p>	<p>3</p> <p>Oktoberfest German Bratwurst *<i>Vegan Brat</i> Red Sauerkraut German Potato Salad Black Forrest Cake</p>	<p>4</p> <p>Florentine Fish *<i>Veggie Patty</i> Vegetable Rice Pilaf Normandy Vegetable Blend Coleslaw Fudge Brownie</p>	<p>5</p> <p>Chicken Tenders <i>Veggie Chicken Tenders</i> Macaroni &amp; Cheese Steamed Broccoli Garden Salad Rainbow Sherbet</p>	<p>6</p> <p>Vegetable Beef &amp; Barley Soup *<i>Veg &amp; Barley Soup</i> Grilled Swiss &amp; Cheddar on Wheat Bread Garden Salad Fresh Apple Slices</p>
<p>9</p> <p>Canadian Thanksgiving Indigenous Peoples's Day Roasted Turkey Mashed Potatoes &amp; Gravy Buttered Corn Spinach Salad Pumpkin Dessert</p>	<p>10</p> <p>Chicken, Sausage, Shrimp Gumbo *<i>Vegan Gumbo</i> Brown Rice Garden Salad Ice Cream</p>	<p>11</p> <p>Beef Stroganoff *<i>Mushroom Stroganoff</i> Rotini Pasta Honey Glazed Carrots Garden Salad Fruited Jell-O</p>	<p>12</p> <p>BBQ Pulled Pork <i>BBQ Veggie Nuggets</i> Brown Rice Roasted Squash &amp; Zucchini Coleslaw Banana Cream Pudding</p>	<p>13</p> <p>Asian Chicken Salad *<i>Veggie Salad</i> Spring Rolls Fresh Grapes</p>
<p>16</p> <p>Swiss Steak *<i>Veggie Patty</i> Mashed Potatoes &amp; Gravy Green Beans Garden Salad Ambrosia</p>	<p>17</p> <p>Pork w/ Apple Chutney *<i>Vegan Cutlet</i> Wild Rice Pilaf Peas &amp; Carrots Citrus Kale Salad 7 Layer Bar</p>	<p>18</p> <p>Spinach &amp; Pepper Frittata Potatoes O'Brien Orange Juice Berry Yogurt Parfait</p>	<p>19</p> <p>Meet The Candidates Chicken Marsala *<i>Veggie Marsala Cutlet</i> Brown Rice Normandy Vegetables Garden Salad White Chocolate Cookie</p>	<p>20</p> <p>Bacon Cheeseburger *<i>Veggie Burger</i> w/ Lettuce &amp; Tomato Baked Beans Coleslaw Watermelon</p>
<p>23</p> <p>Pasta Primavera Italian Green Beans Caesar Salad Sliced Peaches</p>	<p>24</p> <p>Kung Pao Chicken *<i>Vegan Kung Pao Tofu</i> Steamed Rice Vegetable Egg Roll Asian Slaw Mandarin Oranges</p>	<p>25</p> <p>Birthday Lunch Creamy Dill Salmon *<i>Creamy Dill Cutlet</i> Scalloped Potato Maple Carrots Garden Salad Lemon Birthday Cake</p>	<p>26</p> <p>Savory Roasted Chicken *<i>Veggie Cutlet</i> Roasted Potato Medley Brussels Sprouts Garden Salad Fresh Fruit Salad</p>	<p>27</p> <p>Taco Salad *<i>Vegetarian Taco Salad</i> Cornbread Fresh Oranges</p>
<p>30</p> <p>Ham w/ Pineapple *<i>Veggie Cutlet w/ Pineapple</i> Roasted Yams Nantucket Vegetable Garden Salad Ice Cream Cup</p>	<p>31</p> <p>Halloween Ghoul-ash *<i>Vegan Ghoul-ash</i> Green Beans Spinach Salad Halloween Dessert</p>	<p>Bellingham Kitchen Team Melody Philips- Lead Cook Emy Olguin-Prep Cook Carmen Gonzalez-Asst. Cook Gale Kipp-Asst. Cook Reece Booth-Asst. Cook Ian Cassinos-Food Manager</p>	<p>Alternate Vegetarian Meal <i>In *Italics</i></p> <p>Ferndale - Donna Kinley Blaine - Steve Wittwer</p>	

Menus are subject to change due to food cost and availability. Meals on Wheels and More is a program of the Whatcom Council on Aging. We try our best to accommodate special dietary or food allergies but cannot guarantee their absence.