



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

February, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Alternate Vegetarian Meal</i> <i>In *Italics</i></p> <p>Ferndale - Donna Kinley Blaine – Steve Wittwer</p>	<p>Bellingham Senior Center will be closed February 1st and 2nd for drain repair. Hot Lunch is available at Blaine and Ferndale senior centers.</p>	<p>Bellingham CLOSED Blaine & Ferndale: Cabbage Rolls Roasted Sweet Potato Mixed Vegetables Chocolate Chip Cookie</p>	<p>Bellingham CLOSED Blaine & Ferndale: Chef Salad Wheat Roll Fresh Grapes</p>
<p>Denver Omelet <i>*Mushroom Omelet</i> Breakfast Potatoes Fruit & Yogurt Parfait Orange Juice</p>	<p>Beef Tacos <i>*Vegan Tacos</i> Flour Tortillas Spanish Rice Chuckwagon Corn Snickerdoodle</p>	<p>Honey Lemon Herb Chicken <i>*Honey Lemon Cutlet</i> Potatoes Colcannon Peas & Carrots Kale Citrus Salad Sherbet</p>	<p>Vegetable Barley Soup Grilled Swiss & Pastrami <i>*Grilled Cheese</i> Garden Vegetable Salad Banana Pudding</p>	<p>CHINESE NEW YEAR Chinese BBQ Pork <i>*BBQ Tofu</i> Vegetable Fried Rice Asian Stir Fry Vegetables Sesame Slaw Mandarin Oranges Fortune Cookie</p>
<p>Chicken Tenders w/ Honey Mustard Dipping Sauce <i>*Veggie Tenders</i> Macaroni & Cheese Buttered Dill Carrots Fresh Pineapple</p>	<p>Chili Stuffed Baked Potato <i>*Vegan Chili</i> w/ Cheese and Green Onion Steamed Broccoli Garden Salad Fresh Oranges</p>	<p>Valentine's Day Lunch Cranberry Mustard Pork Loin <i>*Cranberry Mustard Cutlet</i> Roasted Yams Normandy Vegetable Blend Fudge Brownie</p>	<p>Creamy Baked Salmon <i>*Creamy Baked Veggie Tofu</i> Scallop Potatoes Green Beans Pineapple Coleslaw Apple Cake</p>	<p>Chicken Pot Pie <i>*Mushroom Vegetable Pot pie</i> Garden Salad Fresh Red Grapes</p>
<p>CLOSED PRESIDENTS DAY</p>	<p>Chicken Marsala <i>*Vegan Marsala</i> Brown Rice Maple Glazed Carrots Spinach Salad Coconut Cream Pudding</p>	<p>Spaghetti and Meatballs <i>*Veggie Meatballs</i> Italian Vegetable Blend Caesar Salad Sliced Peaches</p>	<p>Loaded Baked Potato Soup <i>*Veggie Baked Potato Soup</i> Breadstick Orange & Almond Spring Salad 7 Layer Bar</p>	<p>BBQ Chicken <i>*BBQ Veggie Patty</i> Roasted Sweet Potato Brussels Sprouts Garden Salad Ice Cream</p>
<p>Cajun Pasta with Shrimp Peas And Onions Garden Salad Lime Jell-O Salad</p>	<p>Orange Chicken <i>*Vegan Orange Chicken</i> Brown Basmati Rice Sesame Broccoli Asian Cabbage Salad Tropical Fruit</p>	<p>Birthday Lunch Braised Burgundy Beef Pasta Nantucket Vegetable Blend Spinach Salad Lemon Cream Cake</p>	<p>Beer Brat & Red Cabbage <i>*Veggie Brat</i> German Potato Salad Garden Salad Cherry Apple Crisp</p>	<p>Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Emy Olguin-Prep Cook Carmen Gonzalez-Asst. Cook Gale Kipp-Asst. Cook Reece Booth-Asst. Cook Ian Cassinos-Food Service Mgr</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.