



Meals on Wheels and More BSAC, Blaine, Ferndale Community Meals

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish Meatballs * <i>Veggie Meatballs</i> Egg Noodles Normandy Veggie Blend Garden Salad Peaches	2 Kung Pao Chicken * <i>Vegan Kung Pao Tofu</i> Basmati Rice Asian Vegetables Sesame Soy Slaw Mandarins	3 Beef Shepherd's Pie * <i>Vegetable Pie</i> Roasted Zucchini Garden Salad Apple Crisp	4 Sausage & Egg Casserole * <i>Egg & Mushroom Casserole</i> Roasted Vegetables Orange Juice Fruit & Yogurt Parfait	5 Shrimp Salad * <i>Vegetable Salad</i> Oatmeal Bread Fresh Grapes
8 Beef Burgandy * <i>Vegan Burgundy</i> Brown Rice Honey Glazed Carrots Spinach Salad Ambrosia	9 Chicken Tortilla Soup * <i>Vegan Veggie Soup w/ Rice</i> Whole Grain Roll Garden Salad Fresh Fruit Salad	10 British Bangers (Sausage) * <i>Veggie Sausage</i> Mashed Potatoes Onion Gravy Buttered Peas Garden Salad Rice Pudding	11 BBQ Chicken * <i>Vegan BBQ Nuggets</i> Roasted Sweet Potato Green Beans Coleslaw Raspberry Sherbet	12 French Dip w/ Au Jus * <i>Veggie Beef Strip Dip</i> Garlic Red Potatoes Green Beans Kale Citrus Slaw Cookie
15 Battered Pub Fish * <i>Breaded Veggie strips</i> Potato Wedges Buttered Carrots Coleslaw Ice Cream	16 Salisbury Steak * <i>Vegan Steak Strips</i> Mashed Potatoes & Gravy Mixed Vegetables Garden Salad Fresh Banana	17 Honey Mustard Chicken * <i>Vegan Honey Mustard Cutlet</i> Vegetable Rice Piaf Brussels Sprouts Mixed Berry Crisp	18 Sausage Lasagna * <i>Mushroom Lasagna</i> Garlic Breadstick Italian Vegetables Caesar Salad Sliced Peaches	19 Taco Salad * <i>Veggie Taco Salad</i> Cornbread Orange Slices
22 Butternut Squash Ravioli Sage Cream Sauce Italian Vegetables Caesar Salad Rainbow Sherbet	23 Aloha Chicken * <i>Aloha Vegan Cutlet</i> Pineapple Rice Spring Salad Tropical Fruit Salad	24 Birthday Lunch Maple Soy Glazed Salmon * <i>Vegan Glazed Cutlet</i> Baked Potato Nantucket vegetables Spinach Salad Birthday Cake	25 Tuscan Sausage & Kale Soup * <i>Veggie Tuscan Kale Soup</i> Garlic Focaccia Greek Vegetable Salad Fruited Jell-O	26 All-Beef Frank w/ Onions & Sauerkraut Sweet potato Fries Coleslaw Watermelon
29 Sweet Chili Chicken * <i>Sweet Chili Tofu</i> Thai Noodles Steamed Broccoli Fresh Pineapple	30 Pork w/ Apple Chutney * <i>Vegan Cutlet /w Chutney</i> Wild Rice Pilaf Nantucket Vegetables Spinach Salad Pistachio Pudding	<i>Alternate Vegetarian Meal</i> <i>In Italics</i> Ferndale - Donna Kinley Blaine - Steve Wittwer	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	

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.