



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

March, 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 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>			<p>Chicken Cobb Salad * <i>Garden Salad</i> Oatmeal Bread Fresh Orange Wedges</p>
<p>4</p> <p>Chicken Rueben Wild Rice Pilaf Nantucket Vegetables Carrot Raisin Salad Orange Creamsicle Salad</p>	<p>5</p> <p>Beer Brat * <i>Vegan Brat</i> Sweet & Sour Red Cabbage German Potato Salad Garden Salad Cherry Apple Crisp</p>	<p>6</p> <p>Beef Stroganoff * <i>Mushroom Stroganoff</i> Rotelle Pasta Honey Glazed Carrots Spinach Salad Fresh Fruit</p>	<p>7</p> <p>Creamy Clam Chowder * <i>Creamy Corn Chowder</i> Tuna Salad Pita Oyster Crackers Garden Salad Honey Oat Bar</p>	<p>8</p> <p>Teriyaki Chicken Sandwich * <i>Veggie Teriyaki Cutlet</i> Sweet Potato Fries Pineapple Coleslaw Watermelon</p>
<p>11</p> <p>Country Fried Steak * <i>Vegetarian Fritter</i> Mashed Potatoes & Gravy Butter Peas Garden Salad Vanilla Ice Cream</p>	<p>12</p> <p>BBQ Pulled Pork * <i>Vegan Pulled Chicken</i> Hawaiian Rice Steamed Broccoli Coleslaw Applesauce</p>	<p>13</p> <p>Lemon Pepper Cod * <i>Veggie Lemon Pepper filet</i> Scallop Potatoes Peas & Carrots Kale Citrus Salad 7-Layer Bar</p>	<p>14</p> <p>Chicken Bruschetta * <i>Vegan Cutlet</i> Pesto Noodles Italian Green Beans Caesar Salad Tropical Fruit Salad</p>	<p>15</p> <p>St. Paddy's Day Lunch Corned Beef & Cabbage * <i>Veggie & Cabbage</i> Boiled Potatoes Carrots Garden Salad Green Fruited Jell-O</p>
<p>18</p> <p>Shrimp Fettuccine Alfredo * <i>Vegetarian Chicken Alfredo</i> Italian Vegetables Caesar Salad Sliced Peaches</p>	<p>19</p> <p>Tomato Basil Soup Country Chicken Salad Wrap * <i>Vegan Tomato Soup & Wrap</i> Garden Salad Chocolate Chip Cookie</p>	<p>20</p> <p>Sweet & Sour Meatballs * <i>Vegetarian Meatballs</i> Brown Rice Asian Vegetables Sesame Asian Slaw Mandarin Oranges</p>	<p>21</p> <p>Pork Chops * <i>Veggie Cutlet</i> Mashed Potatoes w/ Mushroom Gravy Roasted Zucchini & Peppers Orange & Pecan Spring Salad Pudding</p>	<p>22</p> <p>Asian Chicken Salad * <i>Asian Tofu Salad</i> Spring Rolls Fresh Grapes</p>
<p>25</p> <p>Beef Stew * <i>Vegetable Stew</i> Buttermilk Biscuit Garden Salad Peach Crisp</p>	<p>26</p> <p>Green Chicken Enchiladas Spanish Rice Cilantro Corn Relish Rice Pudding</p>	<p>27</p> <p>Birthday Lunch Roasted Turkey * <i>Roasted Veggie Cutlet</i> Mashed Potatoes & Gravy Buttered Green Beans Garden Salad Birthday Cake</p>	<p>28</p> <p>Spinach & Mushroom Quiche Roasted Potatoes Orange Juice Fruit & Yogurt Parfait</p>	<p>29</p> <p>Easter Lunch Ham & Pineapple * <i>Veggie Patty</i> Baked Yam Green Beans Spinach Salad Pistachio Fluff</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.