




Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Alternate Vegetarian Meal <i>In *Italics</i> Ferndale - Donna Kinley Blaine – Steve Wittwer	Panko Parmesan Cod *Veggie Cutlet Roasted Yam Balsamic Brussels Sprouts Coleslaw Raspberry Sherbet	Pesto Tortellini *Vegetarian Pesto Pasta Sauteed Zucchini & Peppers Caesar Salad Fresh Grapes	Cinco De Mayo Lunch Beef Fajitas w/ Flour Tortillas *Veggie Fajitas Cilantro Lime Rice Garden Salad Tropical Fruit
Spaghetti w/ Meat Sauce *Marinara Italian Vegetable blend Caesar Salad Sliced Peaches	Turkey Meatloaf *Vegan Cutlet Mashed Potatoes & Gravy Peas and Carrots Garden Salad Berry Crisp	Homestyle Chili *Vegan Chili w/ Cheese & Sour Cream Cornbread Green Salad Ice Cream	Chicken Tenders *Vegan Tenders Sweet Potato Fries Broccoli Bacon Salad Orange Creamsicle Salad	<i>Mother's Day Brunch</i> Eggs Benedict w/ Hollandaise Roasted Potatoes w/ Peppers Sausage Links Cheese Blintz w/ Berry Sauce Fresh Fruit Salad Brunch Punch
Chicken Cordon Blue *Veg Cordon Bleu Baked Yam Green Beans Spinach Salad Ambrosia	Shrimp & Sausage Gumbo *Vegan Gumbo Rice Broccoli Garden Salad Fresh Pineapple	Beef Stroganoff *Veg Burgandy Rotini Pasta Nantucket Vegetables Spinach Salad Apple Crisp	Chinese BBQ Pork *Chinese BBQ Tofu Veggie Fried Rice Sesame Broccoli Mandarin Oranges Fortune Cookie	Chicken Apple Walnut Salad *Garden Entrée Salad Oatmeal Bread Sliced Oranges
Swiss Steak *Veggie Patty Mashed Potatoes & Gravy Peas & Carrots Garden Salad Lime Jell-O Salad	Sweet & Sour Chicken *Vegan Sweet & Sour Chicken Brown Rice Asian Vegetables Asian Sesame Slaw Tropical Fruit Medley	Denver Omelets Roasted Potatoes Fresh Fruit Cinnamon Roll	Chicken Pot Pie *Mushroom Pot Pie Garden Salad Fresh Grapes	Bacon Cheeseburgers w/ Lettuce & Tomato *Garden Burger Baked Beans Coleslaw Watermelon
	Vegetable Beef & Barley *Vegan Veggie Barley Soup Soup Grilled Cheese Garden Salad Chocolate Chip Cookie	Birthday Lunch BBQ Chicken Scalloped Potatoes Nantucket Vegetables Citrus Kale Salad Birthday Cake	Pork Carnitas Street Tacos Spanish Rice Mexican Street Corn Salad Fresh Fruit Salad	Seared Ahi Tuna Salad Spring Rolls Orange Wedges

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.