



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

July, 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 1 Tuna Noodle Casserole Dill Carrots Kale Citrus Salad Sherbet | 2 Apricot Glazed Porkchops <i>*Apricot Glazed Vegan Cutlet</i> Vegetable Rice Pilaf Nantucket Vegetables Cucumber Tomato Salad Spiced Applesauce | 3 All Beef Hotdog <i>*Veggie Dog</i> W/ Onions & Sauerkraut Baked Beans Pineapple Coleslaw Watermelon | 4 Happy 4th of July Center Closed | 5 Asian Chicken Salad <i>*Asian Tofu Salad</i> Vegetable Spring Rolls Fresh Grapes |
| 8 Beef Pot Roast Mashed Potatoes & Gravy Honey Glazed Carrots Spinach Salad Peach Crisp | 9 Orange Chicken <i>*Vegan Orange Chicken</i> Brown Rice Broccoli Asian Slaw Fresh Pineapple | 10 Spaghetti w/ Meat Sauce <i>*Spaghetti Marinara</i> Italian Vegetable Blend Caesar Salad Fruited Jell-O | 11 Creamy Clam Chowder <i>*Creamy Corn Chowder</i> Tuna Salad on Pita Garden Salad Fresh Melon Medley | 12 Grilled Pastrami Rubeen <i>*Grilled Swiss & Kraut</i> Roasted Red Potatoes 4 Bean Salad Chocolate Chip Cookie |
| 15 Roasted Chicken Scallop Potatoes Buttered Peas Broccoli Bacon Salad Ambrosia | 16 Beef Soft Tacos <i>*Vegan Tacos w/ Black Beans</i> Spanish Rice Corn & Pepper Salad Coconut Cream Pudding | 17 Mushroom Omelets Breakfast Potatoes Fruit & Yogurt Parfait Orange Juice | 18 Pork Souvlaki on Pita <i>*Veggie Chicken Souvlaki</i> Greek Potatoes Roasted Zucchini & Peppers Greek Salad Lemon Cheesecake Bar | 19 Mediterranean Chicken Salad <i>*Mediterranean Veggie Salad</i> Garlic Focaccia Bread Fresh Fruit |
| 22 Broccoli Cheddar Soup Country Chicken Salad Wrap <i>*Vegetarian Chicken Wrap</i> Garden Salad 7 Layer Bar | 23 BBQ Pulled Pork <i>*Vegan BBQ Cutlet</i> Pineapple Rice Potato wedges Coleslaw Watermelon | 24 Birthday Lunch Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Garden Salad Birthday Cake | 25 Creamy Dill Salmon Wild Rice Pilaf Nantucket Vegetables Garden Salad Pistachio Pudding | 26 Teriyaki Chicken Burger w/ Pineapple <i>*Teriyaki Veggie Burger</i> Sweet Potato Fries Kale Citrus Salad Ice Cream |
| 29 Vegetable Lasagna Italian Vegetables Caesar Salad Sliced Peaches | 30 Indian Butter Chicken <i>*Vegan Butter Chicken</i> Basmati Rice Broccoli Cauliflower Blend Garden Salad Orange Slices | 31 Swedish Meatballs <i>*Veggie Swedish Meatballs</i> Egg Noodles Normandy Veggie Blend Spinach Salad Mixed Berry Crisp | <i>Alternate Vegetarian Meal In *Italics Entrée Salad Option Available Every Day</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.