



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

August, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Emy Olguin-Prep Cook Carmen Gonzalez-Kitchen Asst. Gale Kipp-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.</p>	<p><i>Alternate Vegetarian Meal</i> <i>In *Italics</i> Entrée Salad Option Available Every Day</p> <p>Ferndale - Donna Kinley Blaine – Steve Wittwer</p>		<p>1 Creamy Chicken Soup *Creamy Vegetable Soup Buttermilk Biscuit Kale Citrus Salad Fresh Baked Cookie</p>	<p>2 Italian Antipasto Salad *Veg, Antipasto Salad Rosemary Focaccia Fresh Grapes</p>
<p>5 Sweet & Sour Meatballs *Vegan Sweet & Sour Tofu Brown Rice Steamed Broccoli Spinach Salad Tropical Fruit Salad</p>	<p>6 Pub Fish w/ Tartar Sauce *Vegan Nuggets Potato Wedges Honey Glazed Carrots Coleslaw Fresh Apple Slices</p>	<p>7 Senior Day in the Park</p> <p>Centers Closed</p>	<p>8 Beef Chili Mac *Vegetarian Chili Mac Green Beans Garden Salad Pistachio Fluff</p>	<p>9 Chef Salad *Veggie Salad w/ Egg Oatmeal Bread Banana</p>
<p>12 Rueben Chicken *Veggie Rueben Cutlet Roasted Yams Broccoli & Cauliflower Blend Garden Salad Mixed Berry Crisp</p>	<p>13 Chinese BBQ Pork *Vegan Chinese BBQ Tofu Vegetable Fried Rice Asian Vegetables Sesame Asian Slaw Mandarin Oranges</p>	<p>14 Turkey Tetrazzini *Mushroom Tetrazzini Roasted Zucchini & Peppers Caesar Salad Ice Cream</p>	<p>15 Lemon Pepper Cod *Lemon Pepper Cutlet Scallop Potatoes Nantucket Vegetables Spinach Salad Fresh Fruit Salad</p>	<p>16 Cream of Mushroom Soup Chicken Salad Wrap *Veggie Wrap Garden Salad 7 Layer Bar</p>
<p>19 Sloppy Joes On a Whole Wheat Bun Tater Tots Green Beans Coleslaw Sherbet</p>	<p>20 Chicken Fajitas *Vegan Fajitas Spanish Rice Mexicali Salad Coconut Cream Pudding</p>	<p>21 Birthday Lunch British Bangers (Sausage) *Veggie Sausage Mashed Potatoes & Gravy Buttered Peas Garden Salad Birthday Cake</p>	<p>22 Pesto Tortellini w/ Sundried Tomatoes Roasted Carrots Caesar Salad Orange Cream Salad</p>	<p>23 Taco Salad *Veggie Taco Salad Cornbread Fresh Red Grapes</p>
<p>26 Chicken Tenders w/ Honey Mustard Sauce *Vegan Tenders Sweet Potato Fries Peas & Onions Coleslaw Melon Medley</p>	<p>27 Creole Jambalaya w/ Shrimp & Sausage *Vegan Jambalaya Garden Salad Fresh Pineapple</p>	<p>28 Beef Stroganoff *Mushroom Stroganoff Rotini Pasta Normandy Veggie Blend Kale Citrus Salad Apple Crisp</p>	<p>29 Chicken Tortilla Soup *Veggie Tortilla Soup w/ Sour Cream Whole Grain Roll Garden Salad Fruited Jell-O</p>	<p>30 Ahi Tuna Salad *Grilled Tofu Salad Veggie Spring Rolls Orange Slices</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.