



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

October, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Patrick Greenberg-Prep Cook Emy Olguin-Prep Cook Carmen Gonzalez-Kitchen Asst. Gale Kipp-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Casinos-Food Service Mgr.	1 Chicken Marsala * <i>Vegan Chicken Marsala</i> Brown Rice Spinach Salad Orange Pineapple Medley	2 Sausage Lasagna * <i>Mushroom Lasagna</i> Italian Vegetables Caesar Salad Peaches	3 Florentine Fish * <i>Florentine Vegan Cutlet</i> Mushroom Rice Pilaf Normandy Vegetables Garden Salad Coconut Cream Pudding	4 Asian Chicken Salad * <i>Veggie Asian Salad</i> Vegetable Spring Rolls Fresh Grapes
Oktoberfest 7 German Brat * <i>Veggie Brat</i> Hot Potato Salad Sweet & Sour Red Cabbage Garden salad Apple Crisp	8 Beef Tacos * <i>Vegan Tacos</i> w/ Sour Cream & Salsa Spanish Rice Roasted Corn Salad Pineapple	9 Thai Peanut Chicken * <i>Thai Peanut Tofu</i> Brown Basmati Rice Asian Vegetables Asian Slaw Mandarins	10 Butternut Squash Soup w/ Toasted Croutons Grilled Cheese Four Bean Salad Strawberry Jell-O Salad	11 Cheeseburger * <i>Garden Burger</i> w/ Lettuce & Tomato Potato Salad Fresh Grapes Chocolate Ice Cream
14 Chicken Piccata Pasta Roasted Zucchini Caesar Salad Tropical Fruit Salad	15 BBQ Pulled Pork * <i>Vegan Pulled Pork</i> Brown Rice Green Beans Coleslaw Fresh Banana	16 Country Fried Steak * <i>Veggie Fritter</i> Mashed Potatoes & Gravy Peas & Carrots Garden Salad Rainbow Sherbet	17 Honey Garlic Roasted Chicken * <i>Honey Garlic Veggie Cutlet</i> Sweet Potato Broccoli Cauliflower Blend Spinach Salad 7 Layer Bar	18 Chef's Choice
21 Chicken & Dumplings * <i>Veggie Chicken & Dumplings</i> Mixed Vegetables Garden Salad Ambrosia	22 Cranberry Mustard Pork Loin * <i>Vegan Cutlet</i> Roasted Yams Brussels Sprouts Garden Salad Applesauce	Birthday Lunch 23 Dill Salmon * <i>Veggie Cutlet</i> Wild Rice Pilaf Roasted Carrots Spinach Salad Birthday Cake	24 Salisbury Steak * <i>Veggie Burger</i> Mashed Potatoes & Gravy Peas & Onions Garden Salad Raspberry Sherbet	25 Chicken & Bacon Cobb Salad * <i>Veggie Cobb Salad</i> Oatmeal Bread Orange Slices
28 Cajun Shrimp Pasta * <i>Vegetarian Cajun Pasta</i> Italian Vegetables Caesar Salad Raspberry Sherbet	29 Ginger Chicken * <i>Vegan Ginger Tofu</i> Brown Rice Steamed Broccoli Asian Salad Mandarin Oranges	30 Denver Omelet * <i>Mushroom & Pepper Omelet</i> Breakfast Potatoes Orange Juice Fruit & Yogurt Parfait	Halloween Lunch 31 Beef Ghoulish * <i>Veggie Ghoulish</i> Brussels Sprouts Garden Salad Creepy Crawly Dessert	Alternate Vegetarian Meal <i>In Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine - Steve Wittwer

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.