



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Labor Day CLOSED</p> <p style="text-align: right;">2</p>	<p>Jerk Chicken w/Mango Salsa * <i>Vegan Patty</i> Roasted Sweet Potato Green Beans Kale Citrus Salad Ice Cream Cup</p> <p style="text-align: right;">3</p>	<p>Ham & Broccoli Quiche * <i>Mushroom & Spinach Quiche</i> Fruit & Yogurt Parfait Orange Juice</p> <p style="text-align: right;">4</p>	<p>Chili Stuffed Baked Potato w/ Sour Cream & Onions Steamed Broccoli Garden Salad Fruit Crisp</p> <p style="text-align: right;">5</p>	<p>Chicken Apple Walnut Salad * <i>Veggie Salad</i> Whole Grain Roll Fresh Grapes</p> <p style="text-align: right;">6</p>
<p>Lemon Pepper Cod * <i>Grilled Lemon Pepper Tofu</i> Vegetable Rice Pilaf Broccoli Blend Coleslaw Orange Creamsicle Salad</p> <p style="text-align: right;">9</p>	<p>Honey Mustard Chicken * <i>Vegan Cutlet</i> Roasted Yam Green Bean Almondine Garden Salad 7 Layer Bar</p> <p style="text-align: right;">10</p>	<p>Burgandy Braised Beef * <i>Vegan Burgundy Beef</i> Brown Rice Steamed Dill Carrots Spinach Salad Fruited Jell-O</p> <p style="text-align: right;">11</p>	<p>Turkey Meatloaf * <i>Vegan Meatloaf</i> Mashed Potatoes & Gravy Peas & Carrots Garden Salad Ambrosia</p> <p style="text-align: right;">12</p>	<p>Tuscan Sausage Soup * <i>Tuscan Potato & Bean Soup</i> Rosemary Focaccia Caesar Salad Fresh Fruit</p> <p style="text-align: right;">13</p>
<p>Cheese Ravioli w/ Marinara Wheat Bread Stick Italian Vegetables Caesar Salad Sliced Peaches</p> <p style="text-align: right;">16</p>	<p>Chicken Enchiladas w/ Sour Cream * <i>Vegan Black Bean Enchiladas</i> Spanish Rice Cabbage Salad Fresh Pineapple</p> <p style="text-align: right;">17</p>	<p>Swiss Steak * <i>Veggie Swiss Cutlet</i> Mashed Potatoes & Gravy Peas & Pearl Onions Spinach Salad Raspberry Sherbet</p> <p style="text-align: right;">18</p>	<p>Chicken Pot Pie * <i>Mushroom Pot Pie</i> Garden Salad Fresh Fruit</p> <p style="text-align: right;">19</p>	<p>Shrimp Salad * <i>Veggie w/ Tofu Salad</i> Oatmeal Bread Orange Slices</p> <p style="text-align: right;">20</p>
<p>Chicken Bruschetta * <i>Vegan Cutlet</i> Pesto Pasta Italian Vegetables Caesar Salad Tropical Fruit Salad</p> <p style="text-align: right;">23</p>	<p>Hearty Beef Stew * <i>Vegan Beef Stew</i> Buttermilk Biscuit Garden Salad Orange Slices</p> <p style="text-align: right;">24</p>	<p>Birthday Lunch Pork Tenderloin w/ Apple Chutney Wild Rice Pilaf Brussels sprouts Garden Salad Birthday Cake</p> <p style="text-align: right;">25</p>	<p>Lemon Herb Roasted Chicken * <i>Veggie Cutlet</i> Scalloped Potatoes Roasted Zucchini & Peppers Spinach Salad Banana Cream Pudding</p> <p style="text-align: right;">26</p>	<p>Homemade Tomato Soup Tuna Melt on Whole Wheat Garden salad Fresh Melon Salad</p> <p style="text-align: right;">27</p>
<p>French Dip w/ Swiss Cheese * <i>Veggie Beef Dip</i> Roasted Red Potatoes Coleslaw Watermelon</p> <p style="text-align: right;">30</p>			<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>

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.