



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

November, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy Olguin-Prep Cook Patrick Greenberg-Prep Cook Carmen Gonzalez-Kitchen Asst. Gale Kipp-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Casinos-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>Chicken Cobb Salad Oatmeal Bread Fresh Grapes</p>
<p>4 Chicken Fettuccine Alfredo *Vegetable Alfredo Italian Vegetables Caesar Salad Peach Slices</p>	<p>5 Apricot Glazed Pork Chops *Apricot Glazed Vegan Cutlet Wild Rice Pilaf Dill Carrots Kale Citrus Salad Applesauce</p>	<p>6 Salisbury Steak *Veggie Burger Mashed Potatoes & Mushroom Gravy Peas & Carrots Spinach Salad Ambrosia</p>	<p>7 Creamy Tomato Basil Soup Caprese Flat Bread Garden Salad Fresh Fruit</p>	<p>8 Pub Fish w/ Tartar Sauce *Veggie Nuggets Potato Wedges Coleslaw Pineapple-Lime Jell-O Salad</p>
<p>11 Reuben on Rye Roasted Potatoes Coleslaw Fresh Grapes</p>	<p>12 Orange Chicken *Vegan Orange Chicken Brown Rice Asian Vegetables Spinach Salad Pineapple</p>	<p>13 Hawaiian Braised Pork *Vegan Braised Cutlet Pineapple Rice Honey Glazed Carrots Garden Salad Birthday Cake</p>	<p>14 Butternut Squash Ravioli Brown Butter Sage Sauce Italian Vegetables Caesar Salad Raspberry Sherbet</p>	<p>15 Taco Salad *Veggie Taco Salad Cornbread Orange Wedges</p>
<p>18 Panko Crusted Cod *Veggie Fritter Vegetable Rice Pilaf Steamed Broccoli Coleslaw Strawberry Cream Salad</p>	<p>19 Beef Sloppy Joes *Vegan Beyond Sloppy Joe Whole Wheat Bun Potato Wedges Garden Salad Sliced Peaches</p>	<p>20 Chicken Cordon Bleu *Veggie Cutlet Sweet Potatoes Peas & Onions Kale Citrus Salad Cookie</p>	<p>21 Split Pea & Ham Soup Grilled Cheese Sandwich Garden Salad Berry Crisp</p>	<p>22 Thanksgiving Lunch Roasted Turkey & Cranberry *Vegetarian Cutlet Stuffing Mashed Potatoes & Gravy Green Beans Pumpkin Pie</p>
<p>25 Egg & Sausage Casserole Egg & Spinach Casserole Zucchini & Peppers Orange Juice Fruit & Yogurt Parfait</p>	<p>26 BBQ Chicken *Vegan BBQ Chicken Roasted Yams Green Beans Garden Salad Tropical Fruit</p>	<p>27 Birthday Lunch Beef Stroganoff *Veggie Beef Stroganoff Rotini Pasta Normandy Vegetables Garden Salad Chocolate Ice Cream</p>	<p>28 Thanksgiving Holiday Closed</p>	<p>29 Thanksgiving Holiday Closed</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.