



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

December, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Lemon Pepper Cod *<i>Vegan Cutlet</i> Roasted Yam Normandy Vegetable Blend Spinach Salad Ice Cream</p>	<p>3</p> <p>Chicken Fajitas *<i>Vegan Fajitas</i> Spanish Rice Fresh Corn Salad Pineapple</p>	<p>4</p> <p>Broccoli & Bacon Quiche *<i>Broccoli Quiche</i> Breakfast Potatoes Orange Juice Fruit & Yogurt Parfait</p>	<p>5</p> <p>Swedish Meatballs *<i>Veggie Swedish Meatballs</i> Egg Noodles Green Beans Spinach Salad Ambrosia</p>	<p>6</p> <p>Cultural Lunch Featuring Authentic Indian Cuisine from Tandoori Bites Chicken Tikka Masala Over Basmati Rice Veggie option available</p>
<p>9</p> <p>Pasta Primavera Garlic Bread Stick Italian Veggies Caesar Salad Peaches</p>	<p>10</p> <p>Beef Shepherd's Pie *<i>Vegan Shepherd's Pie</i> Balsamic Brussels Sprouts Garden Salad Apple Slices</p>	<p>11</p> <p>Chinese BBQ Pork *<i>Vegan BBQ Tofu</i> Vegetable Fried Rice Asian Vegetables Soy Sesame Salad Mandarin Oranges</p>	<p>12</p> <p>Savory Roasted Chicken *<i>Veggie Patty</i> Scallop Potatoes Peas & Carrots Spinach Salad Pistachio Cream Salad</p>	<p>13</p> <p>Creamy Clam Chowder *<i>Corn & Potato Chowder</i> Tuna Salad Sandwich Garden Salad Cookie</p>
<p>16</p> <p>Homestyle Chili *<i>Vegan Bean Chili</i> Corn Bread Garden Salad Orange Wedges</p>	<p>17</p> <p>Coconut Curry Chicken *<i>Vegan Coconut Curry Tofu</i> Brown Basmati Rice Cucumber Salad Tropical Fruit</p>	<p>18</p> <p>Birthday Lunch Spaghetti w/ Italian Sausage Marinara *<i>Veggie Marinara</i> Italian Vegetable Blend Caesar Salad Birthday Cake</p>	<p>19</p> <p>Chicken & Swiss Sandwich *<i>Veggie Cutlet</i> Sweet Potato Fries Coleslaw Fresh Grapes</p>	<p>20</p> <p>Christmas Lunch Roast Beef Mashed Potatoes & Gravy Roasted Carrots Wheat Roll Garden Salad Pecan Pie</p>
<p>23</p> <p>Italian Sausage Link *<i>Vegan Link</i> Macaroni & Cheese Broccoli Blend Spinach Salad Applesauce</p>	<p>24</p> <p>Christmas Eve Center Closed</p>	<p>25</p> <p>Merry Christmas Center Closed</p>	<p>26</p> <p>Beef Burgandy *<i>Veggie Beef Burgandy</i> Brown Rice Buttered Dill Carrots Garden Salad Orange Sherbet</p>	<p>27</p> <p>Shrimp Salad *<i>Veggie Salad</i> Oatmeal Bread Fresh Red Grapes</p>
<p>30</p> <p>Chicken Rueben *<i>Veggie Rueben Cutlet</i> Roasted Red Potatoes Buttered Baby Carrots Garden Salad Peach Crisp</p>	<p>31</p> <p>Andouille Sausage Gumbo *<i>Vegan Gumbo</i> Brown Rice Garden Salad Coconut Cream Pudding</p>		<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 Cassinos-Food Service Mgr.</p>	<p>Alternate Vegetarian Meal <i>In Italics</i> Entrée Salad Option Available Every Day 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.