



**Meals on Wheels and More**

**BSAC, Blaine, Ferndale Community Meals**

**February 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Pork Souvlaki w/ Tzatziki  <i>*Veggie Souvlaki</i>                      Whole Wheat Pita                      Roasted Zucchini &amp; Peppers                      Caesar Salad                      Orange Sherbet</p>	<p>4</p> <p>Kung Pao Chicken  <i>*Vegan Kung Pao Tofu</i>                      Brown Rice                      Veggie Spring Rolls                      Asian Slaw                      Mandarin Oranges</p>	<p>5</p> <p>Tuna Noodle Casserole  <i>*Cheese &amp; Veg Casserole</i>                      Steamed Dill Carrots                      Garden Salad                      Peach Crisp</p>	<p>6</p> <p>Turkey Meatloaf  <i>*Veggie Meatloaf</i>                      Mashed Potatoes &amp; Gravy                      Green Beans                      Spinach Salad                      Apple Slices</p>	<p>7</p> <p>Creamy Tomato Basil Soup                      Grilled Cheese on WW                      Garden Salad                      Banana Cream Pudding</p>
<p>10</p> <p>Country Fried Steak  <i>*Veggie Cutlet</i>                      Potatoes &amp; Gravy                      Peas &amp; Carrots                      Spinach Salad                      Ambrosia</p>	<p>11</p> <p>Apricot Glazed Pork Chop  <i>*Apricot Glazed Cutlet</i>                      Mushroom Rice Pilaf                      Broccoli                      Applesauce</p>	<p>12</p> <p>Honey Mustard Chicken  <i>*Veggie Chicken Tender</i>                      Roasted Yams                      California Blend                      Garden Salad                      Chocolate Ice Cream</p>	<p>13</p> <p>Sausage Lasagna  <i>*Veggie Lasagna</i>                      Italian Vegetable Blend                      Caesar Salad                      Peaches</p>	<p>14</p> <p><b>Valentine's Day</b>                      Taco Salad  <i>*Veggie Taco Salad</i>                      Cornbread                      Fresh Grapes</p>
<p>17</p> <p><b>President's Day</b>   <b>Center Closed</b></p>	<p>18</p> <p>Sweet Chili Chicken  <i>*Vegan Sweet Chili Chicken</i>                      Brown Rice                      Vegetable Blend                      Kale Citrus Salad                      Tropical Fruit</p>	<p>19</p> <p><b>Birthday Lunch</b>                      Beef Stroganoff  <i>*Mushroom Stroganoff</i>                      Egg Noodles                      Normandy Vegetables                      Garden Salad                      Birthday Cake</p>	<p>20</p> <p>Lemon Pepper Cod  <i>*Lemon Pepper Patty</i>                      Wild Rice Pilaf                      Balsamic Brussels Sprouts                      Carrot Raisin Salad                      Strawberry Cream Salad</p>	<p>21</p> <p>Chicken Taco Soup  <i>*Vegetarian Taco Soup</i>                      Whole Grain Tortillas &amp; Salsa                      Garden Salad                      Fresh Pineapple</p>
<p>24</p> <p>Wild Mushroom Ravioli                      w/ White Cream Sauce                      Roasted Vegetables                      Caesar Salad                      Mixed Fruit Salad</p>	<p>25</p> <p>Herb Roasted Chicken  <i>*Vegan Cutlet</i>                      Vegetable Rice Pilaf                      Maple Glazed Carrots                      Spinach Salad                      Mixed Berry Crisp</p>	<p>26</p> <p>Sausage &amp; Egg Casserole  <i>*Egg Casserole</i>                      Roasted Potatoes                      Wheat Roll                      Garden Salad                      Fruit &amp; Yogurt Parfait</p>	<p>27</p> <p>Cheeseburger  <i>*Veggie Burger</i>                      Whole Wheat Bun                      Potato Wedges                      Coleslaw                      Fresh Orange Slices</p>	<p>28</p> <p>WHATCOM COUNCIL ON                      AGING CLOSURE FOR ALL                      STAFF RETREAT</p>
			<p>Bellingham Kitchen Team                      Melody Philips-Kitchen Supervisor                      Emy Olguin-Prep Cook                      Patrick Greenberg-Prep Cook                      Carmen Gonzalez-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.