



**Meals on Wheels and More**

**BSAC, Blaine, Ferndale Community Meals**

**March 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>BBQ Chicken *<i>BBQ Veggie Strips</i> Potatoes Au Gratin Green Beans Spinach Salad Blueberry Crisp</p>	<p>4</p> <p><b>Mardi Gras</b> Creole Jambalaya w/ Chicken, Shrimp &amp; Sausage *<i>Vegan Jambalaya</i> Sweet Corn Cornbread Creamy Cucumber Salad Banana Cream Pudding</p>	<p>5</p> <p>Swedish Meatballs *<i>Veggie Swedish Meatballs</i> Egg Noodles Buttered Dill Carrots Garden Salad Ambrosia</p>	<p>6</p> <p>Florentine Fish *<i>Veggie Cutlet</i> Wild Rice Pilaf California Blend Coleslaw Tropical Fruit Salad</p>	<p>7</p> <p>Tuscan Kale &amp; Sausage Soup Rosemary Focaccia Bread Fresh Green Salad Orange Wedges</p>
<p>10</p> <p>Bacon Broccoli Quiche *<i>Broccoli Quiche</i> Roasted Potatoes Garden Salad Orange Juice Berry Yogurt Parfait</p>	<p>11</p> <p>Chicken Enchiladas *<i>Vegan Cheese &amp; Bean Enchiladas</i> Spanish Rice Mexicali Corn Salad Pineapple</p>	<p>12</p> <p>Salisbury Steak *<i>Veggie Garden Patty</i> Mashed Potato &amp; Gravy Peas &amp; Carrots Garden Salad Fresh Apple Slices</p>	<p>13</p> <p>Baked Ziti w/ Vegetable Marinara Italian Vegetables Caesar Salad Sliced Peaches</p>	<p>14</p> <p>Chef Salad *<i>Veggie Entrée Salad w/ Egg</i> Oatmeal Bread Fresh Grapes</p>
<p>17</p> <p><b>St. Patrick's Day</b> Corned Beef Cabbage &amp; Carrots Garden Salad Irish Soda Bread Green Fruited Jell-O</p>	<p>18</p> <p>3 Bean Chili Stuffed *<i>Vegan Chili</i> Baked Potato Steamed Broccoli Garden Salad Applesauce</p>	<p>19</p> <p><b>Birthday Lunch</b> Cranberry Mustard Pork Loin *<i>Veggie Cutlet</i> Rice Pilaf Broccoli Normandy Kale Citrus Salad Birthday Cake</p>	<p>20</p> <p>Chicken Cordon Bleu *<i>Veggie Chicken Cutlet</i> Roasted Yam Brussel Sprouts Pineapple Coleslaw Raspberry Sherbet</p>	<p>21</p> <p>Vegetable Beef &amp; Barley Soup *<i>Vegetable Barley Soup</i> Grilled Cheese on WW Garden Salad Fresh Fruit Medley</p>
<p>24</p> <p>Dill Salmon *<i>Veggie Patty</i> Vegetable Rice Pilaf Maple Glazed Carrots Broccoli Apple Salad 7 Layer Bar</p>	<p>25</p> <p>Sloppy Joes *<i>Vegan Sloppy Joe</i> Whole Wheat Bun Potato Wedges 4 Bean Salad Strawberry Cream Salad</p>	<p>26</p> <p>Chicken &amp; Dumplings *<i>Vegetarian Dumplings</i> Mixed Vegetables Spinach Salad Orange-Pineapple Salad</p>	<p>27</p> <p>British Banger &amp; Mash *<i>Veggie Sausage</i> Onion Gravy Buttered Peas Garden Salad Apple Crisp</p>	<p>28</p> <p>Chicken Apple Walnut Salad *<i>Veggie Entrée Salad</i> Whole Wheat Roll Fresh Banana</p>
<p>31</p> <p>Mandarin Orange Chicken *<i>Mandarin Orange Tofu</i> Brown Rice Asian Vegetables Asian Cabbage Slaw Ice Cream</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.