



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Pulled Pork <i>*Vegan BBQ</i> Brown Rice Green Beans Pineapple Coleslaw Apricots	2 Tuna Noodle Casserole <i>*Cheese & Veg Casserole</i> Steamed Dill Carrots Garden Salad Peach Crisp	3 Swiss Steak <i>*Veggie Patty</i> Mashed Potatoes & Gravy Peas & Carrots Spinach Salad Raspberry Sherbet	4 Butternut Squash Soup Country Chicken Salad Wrap <i>*Veggie Wrap</i> Garden Salad 7 Layer Bar
7 Denver Omelet <i>*Mushroom & Pepper Omelet</i> Breakfast Potatoes Wheat Roll Garden Salad Fruit & Yogurt Parfait	8 Beef Tacos <i>*Vegan Tacos</i> Lettuce & Tomato Spanish Rice Salsa & Sour Cream Fresh Pineapple	9 Chicken Bruschetta <i>*Veggie Cutlet</i> Pesto Pasta French Cut Green Beans Caesar Salad Orange Cream Salad	10 Salmon Burger <i>*Veggie Burger</i> w/ Tartar Sauce on WW Bun Potato Wedges Coleslaw Chocolate Chip Cookie	11 Asian Chicken Salad <i>*Grilled Tofu Asian Salad</i> Vegetable Spring Rolls Fresh Grapes
14 Rueben Style Chicken <i>*Veggie Cutlet</i> Roasted Yam Normandy Blend Kale Citrus Salad Vanilla Ice Cream	15 Sweet & Sour Meatballs <i>*Vegan Meatballs</i> Brown Rice Broccoli Asian Salad Mandarin Oranges	16 Birthday Lunch Hawaiian Braised Pork <i>*Veggie Cutlet</i> Tropical Rice Roasted Carrots Spinach Salad Birthday Cake	17 Coconut Curry Soup w/ Tortellini Garlic Focaccia Garden Salad Peaches & Cottage Cheese	18 Easter Lunch Roasted Turkey Mashed Potatoes & Gravy Green Beans Garden Salad Pistachio Salad
21 Spaghetti w/ Sausage Marinara <i>*Vegetable Marinara</i> Italian Vegetables Garlic Bread Caesar Salad Peaches	22 Beef Shepherd's Pie <i>*Vegan Shepherd's Pie</i> Roasted Zucchini Spinach Salad Fresh Fruit Apple Crisp	23 Savory Roasted Chicken <i>*Veggie Cutlet</i> Garlic Red Potatoes Brussels Sprouts Garden Salad Fruited Jell-O	24 Chinese BBQ Pork <i>*Chinese BBQ Tofu</i> Vegetable Fried Rice Veggie Egg Roll Tropical Fruit Salad	25 Shrimp Salad <i>*Veggie Entrée Salad</i> Oatmeal Bread Fresh Orange Slices
28 German Brat <i>*Vegan Brat</i> German Potato Salad Red Cabbage Cucumber & Onion Salad Spiced Apples	29 Chicken Fajitas <i>*Vegan Fajitas</i> Pinto Beans Roasted Corn Salad Coconut Cream Pudding	30 Beef Burgundy <i>*Vegetarian Burgundy</i> Brown Rice Honey Glazed Carrots Garden Salad Ambrosia	<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 In <i>*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.