



## Meals on Wheels and More

## BSAC, Blaine, Ferndale Community Meals

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bellingham Kitchen Team</b> Melody Phillips-Kitchen Supervisor Emy Olguin-Prep Cook Patrick Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Asst. Ian Cassinos-Food Service Mgr.	1 Honey Mustard Chicken <i>*Vegan Cutlet</i> Roasted Yam Brussels Sprouts Kale Citrus Salad Cookie	2 BBQ Pulled Pork <i>*Veggie Pulled Pork</i> Brown Rice Roasted Baby Carrots Coleslaw Fruited Jell-O	3 All Beef Hotdog w/ Onions & Sauerkraut Potato Salad Watermelon Ice Cream	4 <b>4<sup>th</sup> of July</b>  <b>Center</b>  <b>Closed</b>
7 Spaghetti & Meatballs <i>*Veggie Meatballs</i> Italian Vegetables Garlic Toast Caesar Salad Peaches	8 3 Bean Chili Stuffed Baked Potato Steamed Broccoli Garden Salad Fresh Fruit	9 Chicken, Shrimp & Sausage Jambalaya <i>*Vegetarian Jambalaya</i> Sweet Honey Cornbread Garden Salad Tropical Fruit Salad	10 Beef Sloppy Joes <i>*Vegetarian Sloppy Joes</i> Potato Wedges Crinkle Cut Carrots Pineapple Coleslaw Cookie	11 Chef Salad <i>*Vegetarian Entrée Salad</i> Whole Wheat Roll Orange Wedges
14 Rueben Chicken <i>*Rueben Veggie Cutlet</i> Roasted Sweet Potato Green Beans Kale Citrus Salad Orange Cream Salad	15 Fish Tacos <i>*Grilled Tofu Tacos</i> Cilantro Lime Rice Garden Salad Pineapple	16 <b>Birthday Lunch</b> Salisbury Steak <i>*Veggie Patty</i> Potatoes & Mushroom Gravy Buttered Dill Carrots Spinach Salad Birthday Cake	17 Denver Omelet <i>*Mushroom Omelet</i> Roasted Potatoes Wheat Roll Garden Salad Fruit & Yogurt Parfait	18 Asian Chicken Salad <i>*Grilled Tofu Entrée Salad</i> Vegetable Spring Rolls Fresh Fruit Medley
21 Butternut Squash Ravioli w/ Brown Butter Sage Sauce Fresh Broccoli Ceasar Salad Fresh Grapes	22 Sweet & Sour Chicken <i>*Sweet &amp; Sour Vegan Nuggets</i> Brown Rice Asian Vegetables Broccoli Slaw Mandarin Oranges	23 Pork Cutlet w/ Mushroom Sauce <i>*Veggie Cutlet</i> Roasted Red Potatoes Honey Glazed Carrots Garden Salad Apple Sauce	24 French Dip w/ Swiss Cheese <i>*Veggie Burger Dip</i> Sweet Potato Fries Spinach Salad Raspberry Sherbet	25 Shrimp Salad <i>*Grilled Tofu Entrée Salad</i> Oatmeal Bread Fresh Red Grapes
28 Split Pea Soup w/ Ham <i>*Veggie Split Pea Soup</i> Grilled Cheese Sandwich Garden Salad Mixed Melon Salad	29 Chicken Fajitas <i>*Vegan Fajitas</i> w/ Sour Cream & Salsa Spanish Rice Roasted Corn Salad Fresh Orange Slices	30 Beef Burgandy <i>*Vegetarian Burgandy</i> Egg Noodles California Blend Garden Salad Berry Crisp	31 Baked Salmon <i>*Veggie Cutlet</i> Wild Rice Pilaf Normandy Vegetable Blend Kale Citrus Salad	Alternate Vegetarian Meal <i>In *Italics</i>  Entrée Salad Option Available Every Day  Ferndale - Donna Kinley Blaine - Steve Wittwer

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.