



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team 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.	Alternate Vegetarian Meal with Plant Based Protein <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine - Steve Wittwer			1 Seared Ahi Tuna Entrée Salad <i>*Grilled Tofu Salad</i> Veggie Spring Rolls
4 Chicken Bruschetta <i>*Veggie Cutlet</i> Pesto Pasta Caesar Salad Strawberry Cream	5 Pork Tamale Pie <i>*Vegan Tamale Pie</i> Mexicali Corn Cabbage Salad Pineapple	6 Senior Day In the Park Center Closed	7 Center Closed	8 BBQ Chicken Entrée Salad <i>*Veggie Entrée Salad</i> Jalapeño Cheddar Cornbread Fresh Grapes
11 Chicken & Dumplings <i>*Veggie Sub & Dumplings</i> Mixed Vegetables Garden Salad Millionaire Salad	12 Beef Soft Tacos <i>*Vegan Tacos</i> Spanish Rice Fresh Corn Salsa Sliced Oranges	13 Chinese BBQ Pork <i>*Chinese BBQ Tofu</i> Vegetable Fried Rice Fresh Steamed Broccoli Mandarin Spring Mix Salad Fortune Cookies	14 Florentine Fish <i>*Florentine Veggie Cutlet</i> Roasted Yam California Blend Vegetable Kale Citrus Salad Blueberry Crisp	15 Butternut Squash Bisque Country Chicken Salad Wrap <i>*Veggie Wrap</i> Garden Salad Raspberry Sherbet
18 Egg & Sausage Breakfast Sandwich <i>*Egg & Cheese Sandwich</i> Roasted Potatoes Garden Salad Fruit & Yogurt Parfait	19 Chicken Marsala <i>*Vegan Marsala</i> Brown Rice Spinach Salad Peaches	20 Birthday Lunch Swiss Steak <i>*Veggie Patty</i> Mashed Potatoes & Gravy Peas & Onions Spinach Salad Birthday Cake	21 Indian Butter Chicken <i>*Indian Butter Tofu</i> Basmati Rice Roasted Cauliflower Cucumber & Tomato Salad Rice Pudding	22 Italian Antipasto Entrée Salad <i>*Veggie Antipasto Salad</i> Garlic Toast Orange Wedges
25 Baked Cheesy Penne Pasta w/ Marinara Italian Vegetables Caesar Salad Peaches w/ Cottage Cheese	26 Mandarin Orange Chicken <i>*Vegan Mandarin Tofu</i> Brown Rice Asian Vegetable Blend Broccoli Slaw Tropical Fruit Salad	27 Pub Fish w/ Tartar Sauce <i>*Veggie strips</i> Potato wedges Coleslaw Fresh Melon Salad	28 Beef Stroganoff <i>*Mushroom Stroganoff</i> Brown Rice Buttered Dill Carrots Garden Salad Ice Cream	29 Tuscan Kale & Sausage Soup <i>*Tuscan Kale & Bean Soup</i> Rosemary Focaccia Garden Salad Red Grapes

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.