



# Meals on Wheels and More

# BSAC, Blaine, Ferndale Community Meals

September 2025

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <b>Labor Day</b><br>Center Closed   | BBQ Chicken<br><i>*Vegan BBQ Cutlet</i><br>Roasted Yam<br>Green Beans<br>Kale Citrus Salad<br>Fresh Grapes   | Cheese Ravioli w/<br>Vegetable Marinara<br>Italian Vegetables<br>Caesar Salad<br>Sliced Peaches  | Salmon Burger<br><i>*Veggie Cutlet</i><br>On Whole Wheat Bun<br>Potato Wedges<br>Coleslaw<br>Fruited Jell-O   | Taco Entrée Salad<br><i>*Veggie Taco Entrée Salad</i><br>Jalapeño Cheddar Cornbread<br>Fresh Orange Wedges   |
| Chicken Cordon Bleu<br><i>*Veggie Chicken Patty</i><br>Roasted Potato Medley<br>Steamed Broccoli<br>Garden Salad<br>Pistachio Cream | Apricot Glazed Pork Chop<br><i>*Vegan Chop</i><br>Vegetable Rice Pilaf<br>Brussels Sprouts<br>Spinach Salad<br>Tropical Fruit Salad                | Swedish Meatballs<br><i>*Veggie Meatballs</i><br>Egg Noodles<br>Roasted Carrots<br>Garden Salad<br>Millionaire Salad                               | Chicken Pot Pie<br><i>*Veggie &amp; Mushroom Pot Pie</i><br>Garden Salad<br>Cantaloupe  | Curry Tortellini Soup<br>Garlic Focaccia<br>Caesar Salad<br>Peaches w/ Cottage Cheese  |
| Hungarian Beef Goulash<br><i>*Vegetarian Goulash</i><br>Peas & Carrots<br>Garden Salad<br>Apple Crisp                               | Jerk Chicken w/ Mango Salsa<br><i>*Vegan Tofu w/ Mango Salsa</i><br>Cilantro Lime Rice<br>Roasted Zucchini<br>Cucumber & Onion Salad<br>Watermelon | <b>Birthday Lunch</b><br>Bangers & Mashed Potatoes<br><i>*Vegetarian Sausage</i><br>Onion Gravy<br>Buttered Peas<br>Spinach Salad<br>Birthday Cake | Lemon Pepper Cod<br><i>*Veggie Lemon Pepper Patty</i><br>Wild Rice Pilaf<br>Roasted Carrots<br>Coleslaw<br>Raspberry Sherbet  | Chicken Apple Walnut Salad<br><i>*Veggie Entrée Salad</i><br>Oatmeal Bread<br>Orange Wedges  |
| Chicken Enchiladas<br><i>*Black Bean Enchiladas</i><br>Roasted Street Corn<br>Garden Salad<br>Pineapple                             | Beef Stew<br><i>*Vegan Veggie Stew</i><br>Buttermilk Biscuit<br>Spinach Salad<br>Peaches   | Pork w/ Apple Chutney<br><i>*Veggie Cutlet</i><br>Potatoes Colcannon<br>Capri Vegetable Blend<br>Kale Citrus Salad<br>Ambrosia                     | Turkey Tetrizzini<br><i>*Tofu Tetrizzini</i><br>Italian Vegetable Blend<br>Caesar Salad<br>7 Layer Bar  | Creamy Tomato Basil Soup<br>Grilled Cheese Sandwich<br>Garden Salad<br>Fresh Red Grapes  |
| Breakfast Bake w/ Sausage<br><i>*Vegetarian Breakfast Bake</i><br>Biscuit & Jam<br>Garden Salad<br>Fruit & Yogurt Parfait           | Cashew Chicken Stir Fry<br><i>*Vegan Cashew Tofu Stir Fry</i><br>Brown Rice<br>Vegetable Egg Roll<br>Asian Slaw<br>Mandarin Oranges                |  | Bellingham Kitchen Team<br>Melody Philips-Kitchen Supvr./Cook<br>Emy Olguin-Prep Cook<br>Patrick Greenberg-Prep Cook<br>Reece Booth-Kitchen Asst.<br>Kai Trujillo-Kitchen Asst.<br>Ian Cassinos-Food Service Mgr. | Alternate Vegetarian Meal<br>with Plant Based Protein<br><i>In *Italics</i><br>Entrée Salad Option Available<br>Every Day<br><br>Ferndale - Donna Kinley<br>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.