



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supvr./Cook 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	Country Fried Steak <i>*Veggie Fried Fritter</i> Mashed Potatoes & Gravy Peas & Carrots Garden Salad Peaches	Savory Roasted Chicken <i>*Veggie Roasted Cutlet</i> Vegetable Rice Pilaf Roasted Zucchini Spinach Salad Fruited Jell-O	Oktoberfest German Brat <i>*Veggie Brat</i> w/Beer Braised Onions Hot Potato Salad Red Cabbage Sauerkraut Apple Crisp
Cheese Tortellini Pesto w/ Sundried Tomatoes Italian Vegetable Blend Garlic Toast Caesar Salad Millionaire Salad	Beef Burgandy <i>*Vegan Burgundy</i> Brown Rice Steamed Broccoli Spinach Salad Apricots	BBQ Pulled Pork Sandwich On WW Bun Sweet Potato Fries Pineapple Coleslaw Orange Slices	Citrus Baked Salmon <i>*Veggie Cutlet</i> Rice Pilaf Green Beans Garden Salad Raspberry Sherbet	Chicken Cobb Salad w/ Bacon <i>*Veggie Cobb Salad</i> Oatmeal Bread Fresh Grapes
Chicken Strips <i>*Veggie Strips</i> Macaroni & Cheese Carrots Kale Citrus Salad Fresh Apple Slices	Ginger Orange Beef <i>*Vegan Ginger Orange Tofu</i> Brown Rice Asian Vegetable Blend Spring Mix Salad Tropical Fruit	Birthday Lunch Cranberry Mustard Pork Loin <i>*Veggie Cutlet</i> Potatoes Colcannon Green Beans Garden Salad Birthday Cake	Rueben Chicken <i>*Veggie Cutlet</i> Roasted Yam Broccoli Normandy Garden Salad Orange Cream Salad	Creamy Clam Chowder <i>*Corn & Potato Chowder</i> Tuna WW Pita Garden Salad Fresh Orange Slices
Bacon & Broccoli Quiche <i>*Broccoli Quiche</i> Breakfast Potatoes Garden Salad Fruit & Yogurt Parfait	Turkey Meatloaf <i>*Vegan Meatloaf</i> Mashed Potatoes & Gravy Peas & Onions Garden Salad Spiced Applesauce	Spaghetti & (Beef) Meatballs <i>*Veggie Meatballs</i> Italian Green Beans Caesar Salad Fresh Grapes	Panko Crusted Cod <i>*Panko Crusted Tofu</i> Wild Rice Pilaf Roasted Carrots Coleslaw Orange Sherbet	Southwest Chicken Salad <i>*Veggie Southwest Salad</i> Jalapeño Cheddar Cornbread Fresh Fruit Medley
Cabbage Rolls Baked Sweet Potato Garden Salad Red Grapes	Pork Salsa Verde <i>*Vegan Salsa Verde</i> Brown Rice Roasted Corn Garden Salad Fresh Pineapple	Sweet Chili Chicken <i>*Sweet Chili Tofu</i> Thai Peanut Noodles Broccoli & Carrots Asian Slaw Mandarin Oranges	Mushroom & Swiss French Dip <i>*Veggie Burger Dip</i> w/ Au Jus Potato Wedges Carrot Raisin Salad Banana Cream Pudding	Halloween White Chicken Chili <i>*White Bean Chili</i> Tortilla Chips & Salsa Garden Salad Red Grapes Monster Cookie

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.