



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

November, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Swedish Meatballs Egg Noodles * <i>Veggie Meatballs</i> Green Beans Spinach Salad Pistachio Pudding	4 Pork Chop *Vegan Cutlet Mushrooms & Onions Roasted Sweet Potato Broccoli Florets Garden Salad Applesauce	5 *Butternut Squash Ravioli Brown Butter Sage Sauce Italian Vegetables Caesar Salad Raspberry Sherbet	6 Oven Fried Chicken * <i>Breaded Chick 'n Cutlet</i> Mashed Potatoes w/ Gravy Corn Coleslaw Ice Cream	7 Taco Entrée Salad * <i>Veggie Taco Entrée Salad</i> Green Chili Cheddar Cornbread Orange Wedges
10 Chicken Fettuccine Alfredo * <i>Vegetable Alfredo</i> Italian Vegetables Caesar Salad Peach Slices	11 Beef Sloppy Joes * <i>Vegan Beyond Sloppy Joe</i> Whole Wheat Bun Potato Wedges Garden Salad Tropical Fruit	12 Chinese BBQ Pork * <i>Chinese BBQ Tofu</i> Vegetable Fried Rice Fresh Steamed Broccoli Mandarin Spring Mix Salad Fortune Cookies	13 Chicken Pot Pie * <i>Mushroom Pot Pie</i> Spinach Salad Fresh Fruit	14 Vegetable Lentil Soup ½ Chicken Salad Wrap Warm Spiced Apples
17 Shrimp Entrée Salad *Veggie Entrée Salad Oatmeal Bread Fresh Grapes	18 Beef Fajitas *Vegan Beyond Fajitas Flour Tortillas Spanish Rice Mexican Corn Salad Fresh Pineapple	19 Sausage Lasagna *Veggie Lasagna Italian Vegetables Caesar Salad Birthday Cake	20 Denver Omelet * <i>Mushroom Omelet</i> Roasted Potatoes Wheat Roll Garden Salad Fruit & Yogurt Parfait	21 Thanksgiving Lunch Roasted Turkey & Cranberry * <i>Vegetarian Cutlet</i> Stuffing Mashed Potatoes & Gravy Green Beans Pumpkin Pie
24 Cheeseburger on Whole Wheat Lettuce & Tomato *Veggie Burger Potato Wedges Chocolate Ice Cream	25 Sweet & Sour Chicken * <i>Sweet & Sour Vegan Nuggets</i> Brown Rice Asian Vegetables Broccoli Slaw Mandarin Oranges	26 Pub Fish * <i>Veggie Cutlet</i> Potato Wedges Broccoli Florets Coleslaw Cookie	27  <i>Happy Thanksgiving</i>	28 
			Bellingham Kitchen Team Melody Philips-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 <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.