



## Meals on Wheels and More

## BSAC, Blaine, Ferndale Community Meals

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Swedish Meatballs *<i>Veggie Swedish Meatballs</i> Egg Noodles Buttered Dill Carrots Garden Salad Ambrosia</p>	<p>3</p> <p>Creole Jambalaya *<i>Vegan Creole Jambalaya</i> Southern Cornbread Cucumber Onion Salad Banana Pudding</p>	<p>4</p> <p>Panko Crusted Cod *<i>Panko Crusted Tofu</i> Wild Rice Pilaf Roasted Carrots Coleslaw Peaches</p>	<p>5</p> <p>Turkey Meatloaf *<i>Veggie Meatloaf</i> Mashed Potatoes &amp; Gravy Green Beans Kale Citrus Salad Mixed Berry Crisp</p>	<p>6</p> <p>Broccoli Cheddar Soup Country Chicken Salad Wrap *<i>Veggie Wrap</i> Garden Salad Fresh Fruit</p>
<p>9</p> <p>Chicken Cordon Bleu *<i>Veggie Chicken Cutlet</i> Roasted Yam Brussel Sprouts Pineapple Coleslaw Raspberry Sherbet</p>	<p>10</p> <p>Beef Shepherd's Pie *<i>Vegan Shepherd's Pie</i> Roasted Zucchini Spinach Salad Fresh Fruit Apple Crisp</p>	<p>11</p> <p>German Brat Red Cabbage German Potato Salad Spiced Apples</p>	<p>12</p> <p>*<i>Cheese Tortellini Pesto</i> w/ Sundried Tomatoes Italian Vegetable Blend Garlic Toast Caesar Salad Orange Slices</p>	<p>13</p> <p>Taco Salad *<i>Veggie Taco Salad</i> Cornbread Fresh Grapes</p>
<p>16</p> <p><b>President's Day</b>  <b>Center Closed</b></p>	<p>17</p> <p>Herb Roasted Chicken *<i>Vegan Cutlet</i> Roasted Potato Medley Maple Glazed Carrots Spinach Salad Cinnamon Applesauce</p>	<p>18</p> <p><b>Birthday Lunch</b> Turkey Pot Roast Mashed Potatoes &amp; Gravy Roasted Carrots Spinach Salad Birthday Cake</p>	<p>19</p> <p><b>Chinese New Year</b> Chinese BBQ Pork *<i>BBQ Tofu</i> Vegetable Fried Rice Vegetable Egg Roll Asian Salad Fortune Cookie</p>	<p>20</p> <p>Mushroom &amp; Swiss French Dip *<i>Veggie Burger Dip</i> w/ Au Jus Sweet Potato Fries Carrot Raisin Salad Tropical Fruit Salad</p>
<p>23</p> <p>Cabbage Rolls Baked Sweet Potato Garden Salad Red Grapes</p>	<p>24</p> <p>Beef Fajitas *<i>Vegan Fajitas</i> w/ Sour Cream &amp; Salsa Spanish Rice Roasted Corn Salad Fresh Fruit</p>	<p>25</p> <p>Honey Mustard Chicken *<i>Veggie Chicken Tender</i> Vegetable Rice Pilaf California Blend Garden Salad Millionaire Salad</p>	<p>26</p> <p>Dill Salmon *<i>Veggie Patty</i> Vegetable Rice Pilaf Maple Glazed Carrots Broccoli Apple Salad 7 Layer Bar</p>	<p>27</p> <p>Chicken Cobb Salad w/ Bacon *<i>Veggie Cobb Salad</i> Oatmeal Bread Fresh Pineapple</p>
			<p>Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Emy Olguin-Prep Cook Patrick Greenberg-Prep Cook Carmen Gonzalez-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.</p>	<p>Alternate Vegetarian Meal In <i>*Italics</i> Entrée Salad Option Available Every Day  Ferndale - Donna Kinley Blaine - Steve Wittwer</p>

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.