




**Meals on Wheels and More**

**BSAC, Blaine, Ferndale Community Meals**

**July 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Esmeralda Olguin- Lead Cook Krysta Chritton-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Assistant Ian Casinos-Food Service Mgr. Rob Vandine- Nutrition Director</p>	<p><i>Alternate Vegetarian Meal</i> <i>In *Italics</i></p> <p>Entrée Salad Option Available Every Day Ferndale – Cheryl Frey Blaine – Steve Wittwer</p>	<p>Pork Salsa Verde *Veggie Salsa Verde Brown Rice Mexican Street Corn Fresh Fruit</p>	<p>All Beef Hot Dog *Veggie Hot Dog on Whole Wheat Bun Pasta Salad Fresh Fruit Ice Cream</p>	<p><b>Closed For Holiday</b></p>  <p><i>Happy 4th of July</i></p>
<p>*Butternut Squash Ravioli w/ Brown Butter Sage Sauce Fresh Broccoli Ceasar Salad Fresh Grapes</p>	<p>Sweet &amp; Sour Chicken *Sweet &amp; Sour Vegan Nuggets Brown Rice Asian Vegetables Broccoli Slaw Mandarin Oranges</p>	<p>Denver Omelet *Mushroom Omelet Roasted Potatoes Orange Juice Fruit &amp; Yogurt Parfait</p>	<p>Florentine Fish *Florentine Tofu Rice Pilaf Buttered Dill Carrots Cucumber Salad Strawberry Cream Salad</p>	<p>Chef Salad *Vegetarian Entrée Salad Whole Wheat Roll Orange Wedges</p>
<p>Macaroni &amp; Cheese w/ Italian Sausage Link *Veggie Sausage Link Steamed Veggies Garden Salad Fresh Grapes</p>	<p>Beef Burgandy *Vegan Burgandy Brown Rice Roasted Zucchini Kale Citrus Salad Peaches</p>	<p><b>Birthday Lunch</b> Herb Roasted Chicken *Veggie Roasted Cutlet Au Gratin Potatoes Green Beans Spinach Salad Birthday Cake</p>	<p>French Dip w/ Swiss Cheese *Veggie Burger Dip Sweet Potato Fries Green Salad Raspberry Sherbet</p>	<p>*Creamy Tomato Basil Soup Grilled Cheese Garden Salad Fresh Fruit Cookie</p>
<p>Spaghetti &amp; Meatballs *Veggie Meatballs Italian Vegetables Garlic Toast Caesar Salad Peaches</p>	<p>Baked Salmon Filet *Baked Vegan Cutlet Wild Rice Pilaf Steamed Veggies Spinach Salad Berry Crisp</p>	<p>Pork Cutlet w/ Mushroom Gravy *Veggie Cutlet Roasted Red Potatoes Honey Glazed Carrots Garden Salad Apple Sauce</p>	<p>Chicken Pot Pie *Mushroom Pot Pie Garden Salad Ambrosia</p>	<p>Shrimp Salad *Grilled Tofu Entrée Salad Oatmeal Bread Fresh Red Grapes</p>
<p>BBQ Pulled Pork *Veggie Pulled Pork Brown Rice Roasted Baby Carrots Coleslaw Fruited Jell-O</p>	<p>Beef Enchiladas *Vegan Bean/Cheese Enchiladas Spanish Rice Corn Salad Fresh Fruit</p>	<p>Rueben Chicken *Rueben Veggie Cutlet Roasted Sweet Potato Green Beans Kale Citrus Salad Pistachio Fluff Salad</p>	<p>Swiss Steak *Veg Patty Mashed Potatoes &amp; Gravy Brussels Sprouts Spinach Salad Pudding</p>	<p>Chicken Salad Wrap *Veggie Wrap Sun Chips Garden Salad Fresh Apple Slices</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.