



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cabbage Rolls *<i>Vegetarian Cabbage Roll</i> Roasted Yams Garden Salad Fresh Grapes	4 Pub Fish & Joes *<i>Vegan Cutlet</i> w/ Tartar Sauce Coleslaw Ice Cream	5 Senior Day In the Park Hovander Park 10am-2pm BBQ Lunch in the park	6 Closed	7 Asian Chicken Salad *<i>Grilled Tofu Asian Salad</i> Spring Rolls Orange Wedges
10 Homestyle Chili Stuffed *<i>Veggie Chili</i> Baked Potato Fresh Broccoli Garden Salad Sherbet	11 Chicken Bruschetta *<i>Vegan Cutlet</i> Vegetable Rice Pilaf Zucchini & Peppers Caesar Salad Fruit	12 Swedish Meatballs *<i>Veggie Swedish Meatballs</i> Egg Noodles Honey Glazed Carrots Spinach Salad Orange Cream Salad	13 BBQ Chicken *<i>Veggie BBQ Cutlet</i> Potatoes Au Gratin California Veg Blend Coleslaw Peach Crisp	14 Kale & Sausage Soup *<i>Kale & Potato Soup</i> Rosemary Focaccia Greek Salad Fresh Fruit
17 *Tortellini Pesto w/ Sundried Tomatoes Italian Vegetables Caesar Salad Peaches & Pears	18 Coconut Curry Chicken *<i>Vegan Coconut Curry Tofu</i> Brown Rice Cauliflower & Carrots Asian Coleslaw Mandarin Oranges	19 Birthday Lunch Apricot Glazed Pork Chop *<i>Glazed Veggie Cutlet</i> Potatoes Colcannon Brussels Sprouts Garden Salad Birthday Cake	20 Tuna Noodle Casserole *<i>Veggie Noodle Casserole</i> Roasted Carrots Garden Salad Fresh Fruit Salad	21 Taco Salad *<i>Veggie Taco Salad</i> Cornbread Fresh Grapes
24 Braised Hawaiian Pork *<i>Braised Hawaiian Jackfruit</i> Pineapple Rice Green Beans Spinach Salad Tropical Fruit	25 Beef Sloppy Joes *<i>Vegan Joes</i> Sweet Potato Fries Kale Citrus Salad Raspberry Sherbet	26 Chicken Fettuccini Alfredo *<i>Veggie Alfredo</i> Broccoli Garlic Bread Caesar Salad Sliced Peaches	27 Broccoli Bacon Quiche *<i>Broccoli Quiche</i> Breakfast Potatoes Fruit & Yogurt Parfait Orange Juice	28 Vegetable Lentil Soup Turkey & Cheddar Sandwich *<i>Veggie & Cheese Sandwich</i> Garden Salad Orange Wedges
31 Fish Tacos w/ *<i>Tofu Tacos</i> Mango Salsa Cilantro Lime Rice Roasted Street Corn Fresh Pineapple			Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Esmeralda Olguin- Lead Cook Krysta Chritton-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Assistant Ian Cassinos-Food Service Mgr. Rob Vandine- Nutrition Director	Alternate Vegetarian Meal <i>In Italics</i> Entrée Salad Option Available Every Day Ferndale – Cheryl Frey 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.