



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Esmeralda Olguin- Lead Cook Krysta Chritton-Prep Cook Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr. Rob Vandine- Nutrition Director.	1 Honey Mustard Chicken <i>*Vegan Cutlet</i> Roasted Yam Brussels Sprouts Garden Salad Fresh Fruit	2 *Vegetable Lasagna In White Sauce Roasted Baby Carrots Caesar Salad Fruited Jell-O	3 French Dip w/ Swiss Cheese <i>*Veggie Burger Dip</i> Sweet Potato Fries Spinach Salad Ambrosia	4 Clam Chowder <i>*Corn Chowder</i> ½ Tuna on Wheat Garden Salad Fresh Grapes
7 Labor Day Center Closed	8 Coconut Curry Chicken <i>*Coconut Curry Tofu</i> Brown Rice Asian Vegetables Broccoli Slaw Mandarin Oranges	9 Apricot Glazed Pork Chop <i>*Apricot Glazed Cutlet</i> Scalloped Potatoes Green Beans Garden Salad Raspberry Sherbet	10 Beef Stroganoff <i>*Mushroom Stroganoff</i> Egg Noodles Chef's Veggies Garden Salad Berry Crisp	11 Ahi Tuna Salad <i>*Grilled Tofu Entrée Salad</i> Vegetable Spring Rolls Fresh Fruit Medley
14 *Cheese Ravioli in Veggie Ragu Italian Veggies Caesar Salad Sliced Peaches	15 Chicken, Sausage & Shrimp Gumbo <i>*Vegan Gumbo</i> Brown Rice Garden Salad Watermelon	16 Birthday Lunch Salisbury Steak <i>*Veggie Patty</i> Potatoes & Mushroom Gravy Buttered Dill Carrots Spinach Salad Birthday Cake	17 *Bacon & Broccoli Quiche <i>Spinach & Broccoli Quiche</i> Roasted Potatoes Garden Salad Fruit & Yogurt Parfait	18 Chicken Apple Walnut Salad <i>*Veggie Entrée Salad</i> Whole Wheat Roll Fresh Banana
21 Ham & Pineapple <i>*Veggie Patty w/ Pineapple</i> Roasted Sweet Potato Green Beans Kale Citrus Salad Coconut Cream Pudding	22 Beef Soft Taco <i>*Vegan Taco</i> Spanish Rice Mexican Street Corn Lettuce & Tomato Fresh Pineapple	23 Chicken Cordon Bleu <i>*Veggie Cutlet</i> Roasted Red Potatoes Honey Glazed Carrots Garden Salad Apple Sauce	24 Lemon Pepper Cod <i>*Lemon Pepper Veggie Filet</i> Vegetable Rice Pilaf Brussels Sprouts Spinach Salad Strawberry Cream Salad	25 Chicken Cobb Salad <i>*Veggie Entrée Salad</i> Oatmeal Bread Fresh Red Grapes
28 Chicken Strips w/ BBQ Sauce <i>*Veggie Strips</i> Potato Wedges Steamed Broccoli Coleslaw Cookie	29 Korean Beef Bulgogi <i>*Vegan Beef Bulgogi</i> Basmati Rice Asian Vegetables Asian Slaw Mandarin Oranges	30 British Banger & Mash <i>*Veggie Sausage</i> Onion Gravy Buttered Peas Garden Salad Sliced Apples	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.