



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Esmeralda Olguin- Lead Cook Reece Booth-Kitchen Asst. Lorie Lockwood-Kitchen Asst. 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	Sausage Lasagna <i>*Cheese Lasagna</i> Green Beans Garlic Parm Bread Stick Caesar Salad Fresh Fruit Medley	1 *Mushroom Omelet Breakfast Potatoes Orange Juice Fruit & Yogurt Parfait	2 Chicken Taco Soup <i>*Veggie Taco Soup</i> Cornbread Garden Salad Fresh Pineapple
5 Beef Cottage Pie <i>*Veggie Cottage Pie</i> Green Beans Garden Salad Ambrosia	6 Jamaican Jerk Chicken <i>*Vegan Cutlet</i> w/ Mango Salsa Cilantro Lime Rice Garden Salad Fresh Fruit	7 Pork w/ Apple Chutney <i>*Vegan Cutlet</i> Roasted Potato Medley Normandy Vegetables Spinach Salad Strawberry Cream Salad	8 Turkey Tetrazzini <i>*Veggie Tetrazzini</i> Italian Vegetables Caesar Salad Peaches	9 Shrimp Entrée Salad <i>*Veggie Entrée Salad</i> Oatmeal Bread Fresh Grapes
12 Sausage Lasagna <i>*Cheese Lasagna</i> Green Beans Garlic Parm Bread Stick Caesar Salad Fresh Fruit Medley	13 Panko Crusted Cod <i>*Panko Crusted Tofu</i> Wild Rice Pilaf Balsamic Brussels Sprouts Spinach Salad Tropical Fruit Salad	14 Country Fried Steak <i>*Veggie Cutlet</i> Mashed Potatoes Peas & Carrots Garden Salad Blueberry Crisp	15 Oktoberfest German Brat <i>*Veggie Brat</i> Red Sauerkraut German Potato Salad Spiced Apples	16 Squash Bisque Turkey & Cheddar <i>*Cheese & Vegetable</i> Garden Salad Fresh Fruit
19 Chicken Rueben <i>*Veggie Cutlet</i> Roasted Sweet Potato Capri Blend Veggies Kale Citrus Salad Ice Cream	20 Chicken Fajitas <i>*Vegan Fajitas</i> Spanish Rice Roasted Corn Salsa Fresh Fruit	21 Birthday Lunch Beef Burgandy <i>*Veg Burgandy</i> Brown Rice Roasted Carrots Garden Salad Birthday Cake	22 Indian Butter Chicken <i>*Indian Butter Tofu</i> Basmati Rice Cauliflower Cucumber Salad Indian Rice Pudding	23 Chicken Caesar Entrée Salad <i>*Grilled Tofu Entrée Salad</i> Garlic Breadstick Orange Slices
26 Ranch Chicken Sandwich <i>*Ranch Veggie Cutlet</i> Potato Wedges Coleslaw Rainbow Sherbet	27 Chinese BBQ Pork <i>*BBQ Tofu</i> Vegetable Fried Rice Asian Stir Fry Veggies Spring Salad w/ Mandarins Fortune Cookie	28 Florentine Fish Garlic Roasted Red Potatoes Zucchini & Peppers Garden Salad Fruited Jell-O	29 Honey Garlic Chicken Potatoes Au Gratin Dill Carrots Pineapple Coleslaw Banana Cream Pudding	30 Hearty Beef Stew <i>*Vegetable Stew</i> Buttermilk Biscuit Garden Salad

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.