Meals on Wheels and More Point Roberts Senior Community Meals September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 French Dip Garden Chips Coleslaw Sliced Peaches Cookie	3	4 Cheese Omelets Pan Fries Fruit with Yogurt Biscuit
7	8	9 Chicken Strips w/ BBQ Sauce Potato Wedges Steamed Broccoli Ice Cream	10	11 Meat Lasagna Caesar Salad Garlic Bread Apple Pie
14	15	16 Lemon Pepper Cod Vegetable Rice Pilaf Brussels Sprouts Garden Salad Chocolate Pudding	17	18 Chicken Cobb Salad *Wheat Roll* Fresh Red Grapes
21	22	23 Ham & Pineapple Yams Green Beans Hawaiian Roll Dessert	24	25 British Banger & Mash & Gravy Buttered Peas Garden Salad Sliced Apples
28	29	30 Clam Chowder ½ Tuna on Wheat Garden Salad Fresh Grapes		

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.*