



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

June, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Rueben Style Chicken *Veggie Cutlet Sweet Potatoes Normandy Vegetables Garden Salad Ice Cream</p>	<p>4</p> <p>Burgundy Beef *Vegan Burgundy Beef Brown Rice Normandy Vegetables Spinach Salad Peaches</p>	<p>5</p> <p>Baked Ziti w/ Italian Sausage *Veggie Baked Ziti Italian Green Beans Caesar Salad Lime Jell-O Salad</p>	<p>6</p> <p>Spinach & Mushroom Quiche Breakfast Potatoes Orange Juice Cinnamon Roll</p>	<p>7</p> <p>Chicken Cobb Salad *Vegetarian Salad Wheat Roll Red Grapes</p>
<p>10</p> <p>Country Fried Steak *Veggie Fritter Mashed Potatoes & Country Gravy Buttered Peas Garden Salad Ambrosia</p>	<p>11</p> <p>Split Pea & Ham Soup *Vegan Split Pea Soup Rosemary Focaccia Tomato Cucumber Salad Fresh Apple Slices</p>	<p>12</p> <p>Coconut Curry Chicken *Vegan Coconut Curry Basmati Rice Steamed Broccoli Asian Slaw Mandarin Oranges</p>	<p>13</p> <p>Seafood Fettuccine Alfredo *Veggie Alfredo Italian Vegetables Caesar Salad Sherbet</p>	<p>14</p> <p>Father's Day Lunch BBQ Pork Ribs Roasted Brussels w/ Bacon Potato Salad Garden Salad Strawberry Shortcake</p>
<p>17</p> <p>Savory Roasted Chicken *Vegan Cutlet Scallop Potatoes Carrots Kale Citrus salad Orange Cream Salad</p>	<p>18</p> <p>Pork Salsa Verde (Not Spicy) *Vegan Salsa Verde Rice Roasted Corn Salad Rice Pudding</p>	<p>19</p> <p>Juneteenth Jerk Chicken w/ Mango Salsa *Veggie Jerk Cutlet Southern Style Mac & Cheese Braised Cabbage & Bacon Peach Coblér</p>	<p>20</p> <p>Tomato Basil Soup *Vegetarian Tomato Soup Grilled Caprese Flatbread Garden Salad Peanut Butter Cookie</p>	<p>21</p> <p>Salmon Burger *Garden Burger Sweet Potato Fries Coleslaw Watermelon</p>
<p>24</p> <p>Beef Enchiladas *Black Bean & Cheese Enchiladas Spanish Rice Corn & Pepper Salad Fresh Banana</p>	<p>25</p> <p>German Brat *Vegan Brat German Potato Salad Sweet & Sour Red Cabbage Garden Salad Cherry Apple Crisp</p>	<p>26</p> <p>Birthday Lunch Roasted Turkey *Veggie Cutlet Mashed Potatoes & Gravy Peas & Carrots Garden Salad Birthday Cake</p>	<p>27</p> <p>Swedish Meatballs *Veggie Swedish Meatballs Egg Noodles Buttered Dill Carrots Kale Citrus Salad Pistachio Pudding</p>	<p>28</p> <p>Shrimp Salad *Veggie Salad Oatmeal Bread Fresh Orange Slices</p>
		<p>Alternate Vegetarian Meal <i>In Italics</i></p> <p>Ferndale - Donna Kinley Blaine - Steve Wittwer</p>	<p>Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Emy Olguin-Prep Cook Carmen Gonzalez-Asst. Cook Gale Kipp-Asst. Cook Reece Booth-Asst. Cook Ian Cassinos-Food Service Mgr</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.