



## Meals on Wheels and More

## BSAC, Blaine, Ferndale Community Meals

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Ham &amp; Pineapple * <i>Veggie Cutlet</i> Baked Yam Green Beans Spinach Salad Fruit Crisp</p>	<p>3</p> <p>BBQ Chicken * <i>Vegan Chicken Tenders</i> Garlic Red Potatoes Brussels Sprouts Garden Salad Fresh Cantaloupe</p>	<p>4</p> <p>Lemon Pepper Cod * <i>Lemon Pepper Grilled Tofu</i> Vegetable Rice Pilaf Roasted Carrots Kale Citrus Salad Fruited Jell-O</p>	<p>5</p> <p>Grilled Rubeen Sandwich * <i>Grilled Cheese Sandwich</i> Potato Wedges Garden Salad Millionaire Salad</p>	<p>6</p> <p>Chicken Apple Walnut Salad * <i>Veggie Entrée Salad</i> Wheat Roll Fresh Red Grapes</p>
<p>9</p> <p>Cheese Ravioli w/ Meat Sauce * <i>Vegetable Marinara</i> Italian Vegetable Garlic Toast Caesar Salad Peaches</p>	<p>10</p> <p>Coconut Curry Chicken * <i>Vegan Coconut Curry Tofu</i> Brown Basmati Rice Vegetable Blend Broccoli Slaw Tropical Fruit Salad</p>	<p>11</p> <p>Country Fried Steak * <i>Veggie Cutlet</i> Potatoes &amp; Country Gravy Peas &amp; Carrots Spinach Salad Ambrosia</p>	<p>12</p> <p>Broccoli Bacon Quiche * <i>Broccoli Mushroom Quiche</i> Breakfast Potatoes Orange Juice Yogurt &amp; Fruit Parfait</p>	<p>13</p> <p>Taco Salad * <i>Veggie Taco Salad</i> Tortilla Chips &amp; Salsa Fresh Orange Wedges</p>
<p>16</p> <p>Minestrone Soup Tuna Melt on Whole Wheat * <i>Cheese Melt on Whole Wheat</i> Garden Salad Chocolate Ice Cream</p>	<p>17</p> <p>Teriyaki Chicken Sandwich * <i>Vegan Chicken Sandwich</i> Roasted Potato Wedges Carrot Raisin Salad Peanut Butter Krispie Bar</p>	<p>18</p> <p>Swedish Meatballs * <i>Veggie Meatballs</i> Egg Noodles California Blend Vegetable Spinach Salad Orange Cream Salad</p>	<p>19</p> <p><b>Juneteenth</b> Red Beans &amp; Rice w/ Andouille Sausage * <i>With Veggie Sausage</i> Tomato Cucumber Salad Cheddar Jalapeno Cornbread Watermelon</p>	<p>20</p> <p><b>Father's Day Lunch</b> BBQ Glazed Pork Ribs * <i>Veggie Option ?</i> Twice Baked Potato Casserole Green Beans Creamy Coleslaw Strawberry Shortcake</p>
<p>23</p> <p>Cabbage Rolls * <i>Veggie Cabbage Casserole</i> Roasted Sweet Potato Garden Salad Banana Cream Pudding</p>	<p>24</p> <p>Sweet Chili Chicken * <i>Vegan Sweet Chili Tofu</i> Vegetable Fried Rice Steamed Broccoli Asian Slaw Pineapple</p>	<p>25</p> <p><b>Birthday Lunch</b> Cranberry Mustard Pork Loin * <i>Cranberry Mustard Cutlet</i> Wild Rice Pilaf Brussels Sprouts Garden Salad Birthday Cake</p>	<p>26</p> <p>Shrimp Fettuccine Alfredo * <i>Mushroom Alfredo</i> Italian Vegetable Blend Caesar Salad Peaches &amp; Pears</p>	<p>27</p> <p>Cobb Salad w/ Bacon * <i>Veggie Entrée Salad</i> Oatmeal Bread Grapes</p>
<p>30</p> <p>Loaded Baked Potato Soup * <i>Veggie Baked Potato Soup</i> Whole Grain Roll Garden Salad Apple Slices</p>			<p>Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Emy Olguin-Prep Cook Patrick Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Asst. Ian Cassinos-Food Service Mgr.</p>	<p>Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day  Ferndale - Donna Kinley Blaine - Steve Wittwer</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.