



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

March, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Bean & Cheese Enchiladas Spanish Rice Corn & Pepper Salad Fresh Pineapple	3 Cheeseburger *Garden Burger Potato Wedges Coleslaw Red Grapes	4 Sweet & Sour Chicken *Vegan Chicken Brown Rice Asian Vegetables Spring mix Salad Mandarin Oranges	5 Sausage Lasagna *Vegetable Lasagna Italian Vegetable Blend Garlic Bread Stick Caesar Salad Orange Sherbet	6 Creamy Clam Chowder *Corn & Potato Chowder Tuna Sandwich Garden Salad Cookie
9 Chicken & Dumplings *Veggie Dumplings Mixed Vegetables Garden Salad Pistachio Pineapple Salad	10 Pork w/ Apple Chutney *Vegan Cutlet Sweet Potato Petite Peas Spinach Salad Peanut Butter Krispy Bar	11 Beef Stew *Vegan Vegetable Stew Buttermilk Biscuit Garden Salad Applesauce	12 *Butternut Squash Ravioli w/ Brown Butter Sage Sauce Greek Vegetable Salad Ambrosia	13 Meals on Wheels and More Closure
16 Pub Fish w/ Tartar Sauce *Veggie Strips Potato Wedges Buttered Dill Carrots Coleslaw Ice Cream	17 St. Patrick's Day Corned Beef *Veggie Patty Cabbage & Carrots Red Potatoes Garden Salad Green Fruited Jell-O	18 Birthday Lunch BBQ Chicken *Veggie Cutlet Roasted Yam Green Beans Spinach Salad Birthday Cake	19 Bacon & Broccoli Quiche *Broccoli Quiche Roasted Potatoes Garden Salad Fruit & Yogurt Parfait	20 *Coconut Curry Soup w/ Tortellini Rosemary Focaccia Cucumber Salad Peaches w/ Cottage Cheese
23 Chicken Bruschetta *Veggie Cutlet Pesto Pasta Steamed Broccoli Millionaire Salad	24 Pork Salsa Verde *Vegan Salsa Verde Brown Rice Fiesta Corn Garden Salad Coconut Cream Pudding	25 Beef Stroganoff *Mushroom Stroganoff Egg Noodles Capri Blend Vegetables Spinach Salad Berry Crisp	26 Oven Fried Chicken *Veggie Fried Nuggets Mashed Potatoes & Gravy Buttered Corn Coleslaw Fresh Fruit	27 Shrimp Entrée Salad *Veggie Entrée Salad Oatmeal Bread Fresh Orange Slices
30 Pulled Pork Sliders *Veggie BBQ Sliders Sweet Potato Fries Green Beans Spinach Salad Fresh Grapes	31 Orange Ginger Beef *Vegan Orange Ginger Tofu Brown Rice Veggie Spring Rolls Asian Slaw Tropical Fruit Salad		Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy Olguin-Prep Cook Patrick Greenberg-Prep Cook Carmen Gonzalez-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal In <i>Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley 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.