



**Meals on Wheels and More**

**BSAC, Blaine, Ferndale Community Meals**

**June, 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Baked Ziti w/ Veggie Marinara Sautéed Zucchini Caesar Salad Sliced Peaches w/ Cottage Cheese	2 Jamaican Jerk Chicken *Vegan Cutlet w/ Mango Salsa Cilantro Lime Rice Fresh Broccoli Cucumber Salad Fresh Fruit	3 Chinese BBQ Pork *Chinese BBQ Tofu Veggie Fried Rice Asian Vegetables Asian Slaw Mandarin Oranges	4 Beef Shepherd's Pie *Veggie Shepherd's Pie Roasted Dill Carrots Garden Salad Ambrosia	5 Ahi Tuna Salad *Grilled Tofu Entrée Salad Veggie Spring Rolls Sliced Oranges
8 Breakfast Casserole *Veggie Breakfast Casserole Roasted Potatoes Garden Salad Fruit & Yogurt Parfait	9 Ginger Orange Beef *Ginger Orange Tofu Brown Rice Asian Vegetables Broccoli Slaw Fresh Grapes	10 Pork w/ Apple Chutney *Veggie Cutlet Vegetable Rice Pilaf Capri Blend Spinach Salad Banana Cream Pudding	11 Honey Mustard Chicken *Honey Mustard Cutlet Roasted Yams California Blend Veggies Garden Salad Tropical Fruit	12 *Butternut Squash Soup Turkey Pesto Wrap *Veggie Pesto Wrap Garden Salad Fresh Fruit
15 Panko Crusted Cod *Panko Crusted Tofu Wild Rice Pilaf Malibu Blend Kale Citrus Salad Ice Cream	16 Chicken Strips w/ Dipping Sauce *Vegan Chicken Nuggets Potato Wedges Garden Salad Orange Wedges	17 <i>Birthday Lunch</i> Beef Stroganoff *Mushroom Stroganoff Egg Noodles Roasted Carrots Spinach Salad Birthday Cake	18 Lunch Provided by: Bellingham at the Orchard Meat Lasagna *Veggie Lasagna Caesar Salad Green Beans Dessert	19 <i>Juneteenth Lunch</i> Smoked Paprika Chicken Black-eyed Peas w/ Bacon Texas Honey Cornbread Fresh Cut Fruit Red Velvet Cookie
22 <i>Father's Day Lunch</i> BBQ Pork Ribs Potato Casserole Green Beans Coleslaw Strawberry Short Cake	23 Beef Soft Tacos *Vegan Tacos Spanish Rice Corn Salad Fresh Pineapple	24 Chicken Yakisoba Sesame Steamed Broccoli Veggie Egg Roll Mandarin Oranges Fortune Cookie	25 Bangers & Mash *Veggie Sausage Onion Gravy Green Peas Garden Salad Fruit Crisp	26 Chicken Cobb Salad *Veggie Entrée Salad Oatmeal Bread Fresh Grapes
29 Grilled Rueben Sandwich *Grilled Cheese & Kraut Potato Wedges Spinach Salad Fresh Fruit Cookie	30 Chicken Cordon Bleu *Veggie Cutlet Roasted Red Potatoes Brussels Sprouts Garden Salad Pistachio Pudding		Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Emy Olguin-Prep Cook Patrick Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Assistant Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal In <i>Italics</i> Entrée Salad Option Available Every Day Ferndale - 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.