Meals on Wheels and More BSAC, Blaine, Ferndale Community Meals November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Pulled Pork Sliders *Veggie Slider* Sweet Potato Fries Coleslaw Fresh Fruit Medley	3 Orange Chicken **Vegan Orange Chicken* Brown Rice Asian Vegetables Asian Slaw Tropical Fruit Salad	4 Swiss Steak **Veggie Steak* Mashed Potatoes & Gravy Green Beans Garden Salad Fruit Crisp	5 Cajun Shrimp Pasta **Veggie Cajun Pasta* Italian Vegetables Caesar Salad Vanilla Pudding	6 *Creamy Tomato Basil Soup Grilled Cheese on Whole Wheat Garden Salad Fresh Grapes
9 Egg & Vegetable Frittata Sausage Link **Veggie Link* Roasted Potatoes Fruit & Yogurt Parfait Orange Juice	10 Chicken Mushroom Marsala **Vegan Mushroom Marsala* Brown Rice Roasted Carrots Kale Citrus Salad Fresh Fruit	11 Creamy Dill Salmon **Creamy Dill Veggie Cutlet* Scallop Potatoes Normandy Vegetables Spinach Salad Fruited Jell-O	12 Chicken & Biscuits **Veggies & Biscuits* Mixed Vegetables Garden Salad Raspberry Sherbet	13 Taco Salad **Veggie Taco Salad* Cornbread Orange Wedges
16 Swedish Meatballs **Veggie Meatballs* W/ Egg Noodles Capri Blend Veggies Spinach Salad Orange/Pineapple Salad	17 Savory Roasted Chicken **Vegan Savory Fried Tofu* Baked Yam Broccoli Garden Salad Spiced Applesauce	**Birthday Lunch** 18 Cranberry Mustard Pork **Veggie Cutlet* Vegetable Rice Pilaf Peas & Onions Garden Salad Birthday Cake	19 Pub Fish & Chips **Veggie Strips* w/ Tartar Sauce Roasted Carrots Coleslaw Fresh Grapes	**Thanksgiving Lunch** 20 Roasted Turkey **Veggie Cutlet* Cranberry Sauce Mashed Potatoes & Gravy Stuffing / Green Beans Pumpkin Pie
23 Cheeseburger **Garden Burger* Lettuce, Tomato, Onion Potato Wedges Macaroni Salad Ice Cream	24 Pork Tamale Pie **Vegan Tamale Pie* Mexican Street Corn **Vegan Roasted Corn* Garden Salad Fresh Pineapple	25 *Butternut Squash Ravioli w/ Brown Butter Sage Sauce Roasted Zucchini Caesar Salad Ambrosia	26 Happy Thanksgiving Center Closed	27 Center Closed
30 Macaroni & Cheese Italian Sausage Link Caesar Salad Ice Cream			Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Esmeralda Olguin- Lead Cook Reece Booth-Kitchen Asst. Lorie Lockwood-Kitchen Asst. Ian Cassinos-Food Service Mgr. Rob Vandine- Nutrition Director	Alternate Vegetarian Meal *In Italics* Entrée Salad Option Available Every Day Ferndale – Cherryl Frey 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.*