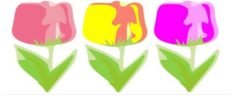




# SENIOR SERVICES OF ISLAND COUNTY – APRIL 2017

SERVING CAMANO AND WHIDBEY ISLANDS



## Monday—April 3

Brats & Sauerkraut on Bun  
German Potato Salad  
Coleslaw w/Carrots  
Chilled Grape Juice  
Strawberry Shortcake

## Monday—April 10

Mandarin Orange Chicken  
Over Steamed Rice  
Oriental Vegetables  
Wheat Roll & Cranberry Juice  
Chilled Fruit Cocktail

## Monday—April 17

Roast Beef & Swiss Cheese  
Dip Sandwich w/Au Jus  
Oven Baked Fries  
Broccoli Salad w/Cranberries  
Apple Crisp w/Streusel Topping

## Monday—April 24

Beef Stew w/Vegetables  
Carrots and Potatoes  
Green Salad w/Carrots  
Soft Bread Stick & Juice  
Fruited Jello

## Tuesday—April 4

Salad Bar w/Variety  
of Vegetables & Croutons  
Cottage Cheese w/ Peaches  
Bread Sticks  
Peanut Butter Cookie

## Tuesday—April 11

Baked Potato w/Chili  
w/ Assorted Veggies  
Cottage Cheese  
Bread Sticks  
Chilled Fruit

## Tuesday—April 18

Egg Salad w/ Lettuce  
On Soft Croissant  
Potato Salad w/Dill  
Melon Medley  
Chocolate Chip Cookie

## Tuesday—April 25

Best Reuben Sandwich  
w/ Swiss Cheese & Sauerkraut  
Broccoli Salad w/Cranberries  
Chilled Grape Juice  
Tapioca Pudding

## Wednesday—April 5

Frito Pie w/Ground Beef  
& Tomatoes, Corn, Sr. Cream  
Mixed Fruit Cup  
Cornbread Muffin & Juice  
Mexican Wedding Cookies

## Wednesday—April 12

Meatloaf w/ Tomato Topping  
Whipped Potatoes w/Gravy  
Steamed Vegetables  
Wheat Roll & Juice  
Pound Cake w/Berries

## Wednesday—April 19

Homemade Mac & Cheese  
Steamed Broccoli  
Green Salad w/Carrots  
Wheat Roll & Juice  
Seven Layer Bar

## Wednesday—April 26

Chicken Parmesan w/Marinara  
Herbed Penne Pasta  
Green Beans Almondine  
Wheat Roll & Juice  
Happy Birthday Cake!

## Thursday—April 6

*Chef's Choice*



## Thursday—April 13

*Chef's Choice*



## Thursday—April 20

*Chef's Choice*



## Thursday—April 27

*Chef's Choice*



## Friday—April 7

Salmon Caesar Salad  
w/Parmesan & Croutons  
Cottage Cheese w/Fruit  
Roll & Juice  
Zesty Lemon Bar

## Friday—April 14

Crispy Fish & Chips w/Tartar  
Mixed Vegetables  
Coleslaw w/Pineapple  
Roll & Juice  
Rocky Road Brownie

## Friday—April 21

Hawaiian Chicken w/Sauce  
w/ Steamed Rice  
Mixed Vegetables  
Hawaiian Roll & Juice  
Pineapple Upside Down Cake

## Friday—April 28

Cranberry Meatballs  
Over Steamed Rice  
Caribbean Vegetables  
Roll & Juice  
Vanilla Pudding w/Banana

Location	Day/ s	Time	Phone#
South Whidbey "Bayview" Senior Center	M,Tu,W,F	11:45	321-1600
Brookhaven Apartments, Langley	M,W,F/Noon & Th/5PM		321-1600
CamBay Apartments, Coupeville	M,Tu,W,F	Noon	678-4886
WEF Church Greenbank	W,F	11:30	678-3373
Oak Harbor Senior Center	M,W,F	11:30	279-0367
Coupeville Methodist Church	W	Noon	678-3373



**DONATIONS** gladly accepted ("Quest" accepted)

Menu substitutions or changes are sometimes necessary.

Approved: *Debbie Metz*  
Debbie Metz, R.D. C.D.

