

LOCATION	DAYS	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
Camano Senior & Community Center	M,W,F	Noon	387-0222
CamBey Apartments, Coupeville	M,Tu, W,F	11:45	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	321-1600

Island Senior Resources – June 2017

SERVING CAMANO AND WHIDBEY ISLANDS



HAPPY FATHER'S DAY!

Monday—June 5

Chicken Tenders Basket
w/Honey Mustard Dressing
Creamed Peas & Coleslaw
Soft Breadstick & Juice
Brownie w/Toasted Nuts

Monday—June 12

Turkey Rice Casserole
Steamed Broccoli Spears
Glazed Carrot Coins
Texas Toast & Juice
Fruited Jell-O

Monday—June 19

Beef Satay w/Peanut Sauce
Steamed Rice
Stir Fry Vegetables
Sesame Roll & Juice
Mandarin Oranges

Monday—June 26

Cincinnati Chile w/Ground Beef,
Tomatoes, Noodles, & Cheese
Spinach Salad w/Egg
Cornmeal Muffin & Juice
Blonde Brownie w/Choc Chips

Tuesday—June 6

Italian Sausage w/Peppers
On Sandwich Bun
Potato Salad w/Dill
Chilled Cranberry Juice
Chocolate Chip Cookie

Tuesday—June 13

Salad Bar
w/Variety of Vegetables
Cottage Cheese w/Fruit
Whole Wheat Roll
Macadamia Nut Cookie

Tuesday—June 20

Stadium Hot Dog on Bun
w/Onions or Sauerkraut
Baked Beans & Sun Chips
Broccoli Salad & Juice
Fresh Fruit Cup

Tuesday—June 27

Best Reuben Sandwich
w/Sauerkraut on Rye Bread
Baked Oven Fries
Chilled Grape Juice
Oatmeal Cookie

Wednesday—June 7

Four Cheese Ziti Bake
w/ Marinara Sauce
Brussels Sprouts w/Garlic
Caesar Salad & French Bread
Italian Wedding Cookie

Wednesday—June 14

Open Faced Turkey Sandwich
w/ Mashed Potatoes & Gravy
Cranberry Sauce
Succotash & Juice
Seven Layer Bar

Wednesday—June 21

Chef Salad w/Turkey, Ham,
Egg, Cheese, Tomato, Lettuce &
Herbed Croutons
Texas Toast & Juice
Cheesecake w/Berries

Wednesday—June 28

Meatloaf w/Tomato Topping
Whipped Potatoes w/Gravy
Peas & Carrots
Texas Toast & Juice!
Happy Birthday Pineapple
Upside Down Cake!

Thursday—June 1

Chef's Choice



Thursday— June 8

Chef's Choice



Thursday— June 15

Chef's Choice



Thursday—June 22

Chef's Choice



Thursday—June 29

Chef's Choice



Friday—June 2

Cheeseburger w/Lettuce, Tomato,
& Onion on Toasted bun
Oven Fried Potatoes
Southwest Slaw w/Carrots
Chocolate Pudding Cup

Friday—June 9

Swedish Meatballs w/Cream Sauce
& Mushrooms over Egg Noodles
Steamed Vegetables
Soft Bread Stick & Juice
Zesty Lemon Bar

Friday—June 16

Pulled Chicken on a Bun
Oven Baked Fries
Broccoli Salad w/Carrots
Cranberry Juice
Peanut Butter Cake w/Frosting

Friday—June 23

Turkey Pot Pie w/Peas & Carrots
Beet Salad w/ Cheese
Dinner Roll & Juice
Strawberry Shortcake
w/Whipped Topping

Friday—June 30

Spinach Lasagna w/Marinara
Italian Green Beans
Caesar Salad w/Croutons
Soft Breadstick & Juice
Vanilla Pudding w/Bananas

DONATIONS gladly accepted
("Quest" accepted)

Menu substitutions or changes are sometimes necessary.

Approved: _____
Debbie Metz, R.D.



Pancake Breakfast
Saturday, June 17th! 9am-11am

Basket Raffle too! At the South Whidbey Center, Bayview