

# ISLAND SENIOR RESOURCES- OCT 2017

SERVING CAMANO AND WHIDBEY ISLANDS



## Monday—Oct 2

Oven 'Fried' Chicken  
Mashed Potatoes w/Gravy  
Broccoli Normandy  
Texas Toast & Juice  
Chilled Grapes

## Monday—Oct 9

Turkey A La King  
Over Homemade Biscuit  
Honey Glazed Carrots  
Dinner Salad & Juice  
Chocolate Pudding

## Monday— Oct 16

Chicken Strips & Fries  
w/ Honey Mustard Dressing  
Green Beans  
Spinach Salad w/Strawberries  
Chilled Apricots

## Monday—Oct 23

Cashew Chicken w/Vegetables  
Steamed Jasmine Rice  
Oriental Vegetables  
French Bread & Juice  
Fudgy Brownie

## Monday—Oct 30

Cheesy Scalloped Potatoes  
w/ Diced Ham  
Mixed Vegetables  
Whole Wheat Roll & Juice  
Fruited Jell-O

## Tuesday—Oct 3

Mushroom Pesto Pizza  
Topped w/Cheese  
Caesar Salad w/Croutons  
Chilled Grape Juice  
Blonde Brownie w/Choc Chips

## Tuesday—Oct 10

Cream Cheese Salmon Wrap  
w/Vegetables  
Macaroni Salad w/Veggies  
Pumpkin Muffin & Juice  
Fruited Jell-O

## Tuesday—Oct 17

Grilled Ham & Cheese  
On Sourdough Bread  
Dinner Salad & Baked Chips  
Fresh Fruit Cup  
Chocolate Chip Cookie

## Tuesday—Oct 24

Salad Bar  
w/Variety of Vegetables  
Cottage Cheese w/Peaches  
Soft Bread Stick  
Fresh Fruit

## Tuesday-Oct 31 Happy Halloween!

Scary Reuben Sand'wiches'  
w/ Ghostly Kraut & Cheese  
Spooky Broccoli Salad  
'Boo' Berry Muffins & Red Juice  
MONSTER Cookies

## Wednesday—Oct 4

Meatloaf w/Gravy  
Garlic Whipped Potatoes  
Winter Mix Vegetables  
Whole Wheat Roll & Juice  
Peach Cobbler

## Wednesday— Oct 11

Creamy Chicken Enchilada Bake  
w/Green Chile and Tomatoes  
Spanish Rice w/Onion  
Southwest Slaw & Juice  
Mexican Wedding Cookies

## Wednesday—Oct 18

*Oktoberfest Lunch*  
Polish Sausage & Sauerkraut  
On Bun w/German Potato Salad  
Vegetables & Juice  
German Apple Cake

## Wednesday—Oct 25

Homemade Mac & Cheese  
Steamed Broccoli  
Harvard Beets  
Whole Wheat Roll  
Happy Birthday Carrot Cake!

## Thursday—Oct 5

*Chef's Choice*



## Thursday—Oct 12

*Chef's Choice*



## Thursday—Oct 19

*Chef's Choice*



## Thursday—Oct 26

*Chef's Choice*



## Friday—Oct 6

Crispy Fish w/Tartar  
Oven Baked Fries  
Southwest Coleslaw  
Dinner Roll & Juice  
Fruit Crisp w/Crumble Topping

## Friday—Oct 13

Beef & Broccoli Stir Fry  
Jasmine Rice  
Julienne Carrots  
Sesame Roll & Juice  
Tapioca Pudding

## Friday—Oct 20

Turkey Tetrazzini  
Made w/Rotini Pasta  
Carrot Coins & Caesar Salad  
French Bread  
Vanilla Pudding w/Banana

## Friday—Oct 27

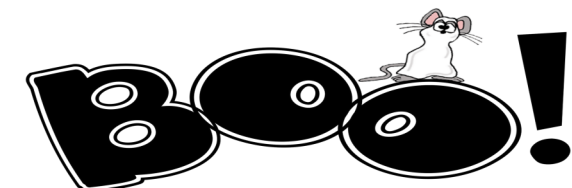
Sweet & Sour Chicken  
w/Pineapple & Peppers  
Steamed Rice & Oriental Veggies  
Sesame Roll & Juice  
Cheesecake Dessert

**Pancake Breakfast**  
**Saturday, Oct 28th! 9am-11am**  
**Basket Raffle too!** *At the Bayview Center, Bayview*



Approved: Debbie Metz

Debbie Metz, R.D. C.D.



**DONATIONS gladly accepted & "QUEST" accepted**

*Menu substitutions or changes are sometimes necessary.*

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
CamBey Apartments, Coupeville	M,Tu,W,F	Noon	678-4886
Hillside 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