



SENIOR SERVICES OF ISLAND COUNTY – January 2018

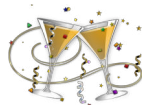
SERVING CAMANO AND WHIDBEY ISLANDS



Monday—Jan 1

Happy New Year's Holiday

Meal Sites Closed



Monday—Jan 8

Chicken Strips & Baked Fries
w/Honey Mustard Dressing
Coleslaw w/Pineapple
Breadstick & Juice
Mixed Berry Bar

Monday— Jan 15

Martin Luther King Day

Meal Sites Closed

Monday—Jan 22

Three Bean Chili w/Ground Beef
& Tomatoes & Cheese
Pea Salad over Lettuce Bed
Corn Muffin & Juice
Chocolate Pudding

Monday—Jan 29

Fish Sandwich w/Cheese
& Lettuce & Tartar Sauce
Oven Baked Fries
Coleslaw w/Pineapple
Vanilla Pudding w/Banana

Tuesday—Jan 2

Baked Potato Bar w/Meat
& Cheese & Veggies
Broccoli Salad w/Cranberries
Wheat Roll & Juice
Chocolate Chip Cookie

Tuesday—Jan 9

Creamy Broccoli Soup
w/ Herbed Croutons
Spinach Salad w/Egg
Cheesy Bread & Juice
Macadamia Nut Cookie

Tuesday—Jan 16

Tuna Salad on Croissant
w/Lettuce & Celery
Tomato Bisque Soup
w/ Herbed Croutons
Chilled Red Grapes

Tuesday—Jan 23

Breakfast Morning Quiche
w/Diced Ham & Veggies
Crispy Hashbrowns
Biscuit and Juice
Citrus Fruit Salad

Tuesday—Jan 30

Best Rueben Sandwich
w/Sauerkraut & Swiss Cheese
Baked Sweet Potato Fries
Cucumber Salad & Juice
Chocolate Chip Cookie

Wednesday—Jan 3

Green Bean Casserole
w/Chicken and Mushrooms
Mashed Potatoes &Carrot Coins
Wheat Roll & Juice
Seven Layer Bar

Wednesday— Jan 10

Sliced Ham w/Sliced Pineapple
Whipped Yams
Brussel Sprouts
Texas Toast & Juice
Zesty Lemon Bar

Wednesday—Jan 17

Meatloaf w/Tomato Topping
Whipped Potatoes
Broccoli Spears
Wheat Roll & Juice
Berry Cobbler

Wednesday—Jan 24

Chicken Cordon Bleu Casserole
Whipped Potatoes
Dinner Salad w/Croutons
Crusty Roll & Juice
Birthday Cake w/Frosting

Wednesday—Jan 31

Meaty Lasagna /Marinara
Cut Green Beans
Caesar Salad w/Croutons
French Bread & Juice
Birthday Cake w/Frosting

Thursday—Jan 4

Chef's Choice

Thursday—Jan 11

Chef's Choice

Thursday—Jan 18

Chef's Choice

Thursday—Jan 25

Chef's Choice

*From all of us at
Senior Services,
We wish you all a very
Happy New Year !!!*

Friday—Jan 5

Beef Stroganoff w/Mushrooms
Herbed Pasta
Mixed Vegetables
French Bread & Juice
Peach Cobbler

Friday—Jan 12

Crispy Battered Fish
Oven Baked Fries
Broccoli Salad w/Cranberries
Corn Muffin & Juice
Old Fashioned Fruit Crisp

Friday—Jan 19

Pork Chops w/Gravy
Whipped Potatoes
Winter Mix Vegetables
Corn Muffin & Juice
Apple Sauce w/Cinnamon

Friday—Jan 26

Taco Salad w/Ground Beef
Lettuce, tomato, onion,cheese
& sour cream & salsa
Cottage Cheese & Peaches
Corn Muffin & Juice & Cookie



DONATIONS gladly accepted ("Quest" accepted)

Menu substitutions or changes are sometimes necessary.
Thank you for understanding.

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

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	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	678-3373