



SENIOR SERVICES OF ISLAND COUNTY – January 2019

SERVING CAMANO AND WHIDBEY ISLANDS



*From all of us at
Island Senior Resources,
we wish you a very
Happy New Year!*

Tuesday—Jan 1

Happy New Year!

Meal Sites Closed



Tuesday—Jan 8

Taco Potato Bar w/Ground Beef
Cheese & Assorted Veggies
Cottage Cheese w/Fruit
Bread Sticks & Juice
Chef's Choice Dessert

Tuesday—Jan 15

Spinach Quiche w/Onion
& Swiss Cheese
Shredded Hash browns
Biscuit & Juice
Chilled Peaches

Tuesday—Jan 22

Homemade Corn Chowder
1/2 of Hawaiian Sandwich
Dinner Salad w/Croutons
Wheat Roll & Juice
Chef's Choice Dessert

Tuesday—Jan 29

Cabbage Rolls w/Ground Beef
Tomato Sauce
Broccoli Salad w/Cranberries
Wheat Roll & Juice
Macadamia Nut Cookie

Wednesday—Jan 2

Crispy Chicken Strips & Fries
Steamed Vegetables
Fresh Fruit
Wheat Roll & Juice
Frosted Brownie

Wednesday—Jan 9

Sliced Ham w/Pineapple
Au Gratin Potatoes
Cut Green Beans
Cornbread & Juice
Hawaiian Bar

Wednesday—Jan 16

Chicken & Dumplings
Sunshine Carrots
Field Greens Salad
Wheat Roll & Juice
Caramel Crunch Cake

Wednesday—Jan 23

Chicken Cordon Bleu Casserole
Rice Pilaf w/Peas & Carrots
California Mix Vegetables
French Bread & Juice
Chocolate Peanut Butter Bar

Wednesday—Jan 30

Shepherd's Pie
w/Potatoes, Peas & Carrots
Spinach Salad w/Croutons
Wheat Roll & Juice
Happy Birthday Cake!

Thursday—Jan 3

Chef's Choice



Thursday—Jan 10

Chef's Choice



Thursday—Jan 17

Chef's Choice



Thursday—Jan 24

Chef's Choice



Thursday—Jan 31

Chef's Choice



Friday—Jan 4

Pork Fried Rice
Asian Vegetables
Cottage Cheese w/Fruit
Hawaiian Roll & Juice
Mandarin Orange Cake

Friday—Jan 11

Baked Cod w/Sauce
Classic Rice Pilaf
Caribbean Vegetables
Roll & Juice
Lemon Cookie

Friday—Jan 18

Rosemary Chicken
Roasted Potatoes
Malibu Vegetables & Salad
Dinner Roll & Juice
Pistachio Cake

Friday—Jan 25

Ham & Potato Casserole
Honey Glazed Carrots
Fresh Green Salad w/Croutons
Wheat Roll & Juice
Cheesecake Dessert

Monday—Jan 7

Oven Baked Ranch Chicken
Roasted Potatoes
Broccoli w/Sauce
Wheat Roll & Cranberry Juice
Jell-O w/Fruit

Monday—Jan 14

Pork Chops & Stuffing
Mashed Potatoes w/Gravy
Winter Mix Vegetables
Dinner Roll & Juice
Applesauce w/Cinnamon

Monday—Jan 21

Martin Luther King Day

Meal Sites Closed



Monday—Jan 28

Burger Sliders on Bun
w/Cheese Lettuce & Tomato
Baked Oven Fries
Cottage Cheese w/Fruit
Turtle Brownie

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
WEF Church Greenbank	W,F	11:30	678-3373
Oak Harbor Senior Center	M,W,F	11:30	279-0367

DONATIONS gladly accepted ("Quest" accepted)

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

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

