

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

SENIOR SERVICES OF ISLAND COUNTY – March 2019

SERVING CAMANO AND WHIDBEY ISLANDS



St. Patty's Pancake Breakfast
March 16th, 9AM-11AM
JSR Senior Center in Langley
Suggested Donation \$7.00



Friday— March 1

Open Faced Turkey Sandwich
Mashed Potatoes w/Gravy
Malibu Vegetables
Cranberry Sauce & Juice
Chilled Peaches

Monday— March 4

Chile Relleno Bake
w/Sour Cream & Salsa
Southwest Blend Vegetables
Corn Muffin
Fruit Cup

Tuesday—March 5

French Dip w/Au Jus
Crispy Oven Fries
Mixed Greens Salad
Chilled Apple Juice
Mardi Gras Praline Cookie

Wednesday—March 6

Meaty Lasagna w Cheese
& w/Marinara
Broccoli Normandy
Caesar Salad & Garlic Bread
Tiramisu Dessert

Thursday March 7 **Chef's Choice**



Friday—March 8

Homemade Mac & Cheese
Steamed Broccoli
Field Greens w/ Dressing
Dinner Roll & Juice
Cherry Orange Cake

Monday—March 11

Swedish Meatballs over Rice
w/Mushroom Sauce
Mixed Vegetables
Dinner Roll & Juice
Chocolate Chip Cookie

Tuesday—March 12

Sausage Spinach Strata
Asparagus
Flaky Biscuit
Chilled Apple Juice
Chef's Choice Dessert

Wednesday March 13 St. Patty's

Corned Beef & Cabbage
Roasted Red Potatoes
& Roasted Carrots
Irish Bread & Juice
St. Patty's Day Cake

Thursday— March 14 **Chef's Choice**



Friday—March 15

Vegetable Lasagna
w/White Sauce
Tossed Green Salad
Chewy French Rolls
Seven Layer Bars

Monday—March 18

Chicken Strips w/Honey Mustard
Oven Baked Fries
Coleslaw w/Carrots
Cranberry Juice & Roll
Turtle Square

Tuesday—March 19

Terrific Taco Soup w/Tortillas,
& Sour Cream & Cheese
Chicken Ranch Wrap
w/ Lettuce & Tomato
Fruit Dessert

Wednesday-March 20

Chicken Parmesan w/Marinara
Herbed Pasta
Capri Vegetables
Soft Roll & Juice
Snickerdoodle Cookie

Thursday—March 21 **Chef's Choice**



Friday— March 22

Crispy Battered Cod w/Lemon
Oven Baked Fries
Spinach Mandarin Salad w/Croutons
Texas Toast
Pineapple Upside Down Cake

Monday—March 25

Sesame Chicken Tenders
Steamed Jasmine Rice
Asian Vegetables
Sesame Roll & Juice
Mandarin Oranges Cup

Tuesday—March 26

Half Reuben Sandwich
w/Swiss Cheese & Sauerkraut
Oven Baked Fries
Broccoli Salad w/Cranberries
Chef's Choice Dessert

Wednesday—March 27

Meatloaf w/Tomato Topping
Whipped Potatoes & Gravy
Roasted Brussel Sprouts
Caesar Salad & French Bread
Happy Birthday Earthquake Cake!

Thursday—March 28 **Chef's Choice**



Friday—March 29

Four Cheese Ziti Bake
w/Marinara
Broccoli Normandy
Caprese Salad & French Bread
Yummy Éclair Bar



DONATIONS gladly accepted ("Quest" accepted)

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

Approved by: *Debbie Metz*

