



SENIOR SERVICES OF ISLAND COUNTY – APRIL 2019

SERVING CAMANO AND WHIDBEY ISLANDS



Monday—April 1

Turkey Tetrazzini
Cut Green Beans
Mixed Greens Salad
Roll & Juice
Vanilla Pudding w/Wafers

Tuesday—April 2

Ham & Cheese on Croissant
w/Lettuce and Cheese
Hearty Soup w/Vegetables
Chilled Cranberry Juice
Chef's Choice Dessert

Wednesday—April 3

Creamy Chicken Enchilada Bake
w/Salsa & Sour Cream
Spanish Rice w/Black Beans
Southwest Salad & Juice
Mexican Wedding Cookies

Thursday—April 4

Chef's Choice



Friday—April 5

Fish Alyeska w/Sauce
Classic Rice Pilaf w/Peas&Carrots
Broccoli Normandy
Fresh Roll & Juice
Coffee Cake Dessert

Monday—April 8

Oven Baked Ranch Chicken
Roasted Potatoes
Sunshine Carrots
Roll & Grape Juice
Blueberry Crumb Bar

Tuesday—April 9

Chef's Deli Sandwich
w/Lettuce and Tomato
Hearty Chowder w/Vegetables
Chilled Apple Juice
Lemon Bar

Wednesday— April 10

Spaghetti w/Meatballs w/
Marinara and Parmesan Cheese
Caprese Salad
Garlic Bread & Juice
Brownie w/Frosting

Thursday—April 11

Chef's Choice



Friday—April 12

Salmon Caesar Salad
w/Parmesan & Croutons
Cottage Cheese w/Fruit
Soft Bread Stick
Old Fashioned Peach Cobbler

Monday— April 15

Pulled Chicken on Bun
Roasted Potatoes
Mixed Vegetables
Chilled Juice
Fruit Cocktail Cup

Tuesday—April 16

Grilled Turkey w/Bacon, Cheese
& tomato and onion
Hearty Soup w/Vegetables
Chilled Juice
Chef's Choice Dessert

Wednesday—April 17

Sliced Ham w/Pineapple
Scalloped Potatoes
Steamed Vegetables
Wheat Roll & Juice
Frosted Carrot Cake

Thursday—April 18

Chef's Choice



Friday—April 19

Tuna Casserole Bake
w/Peas
Malibu Mix Vegetables
Texas Toast & Juice
Chocolate Mousse

Monday—April 22

Beef Stroganoff w/Mushrooms
Over Egg Noodles
Sunshine Carrots
Wheat Roll & Cranberry Juice
Key Lime Bar

Tuesday—April 23

Chicken Caesar Wrap
w/ Romaine Lettuce & Cheese
Chowder w/Vegetables
Chilled Grape Juice
Chocolate Chip Cookie

Wednesday—April 24

Chicken Pot Pie w/Topping
w/Carrots & Potatoes
Mixed Greens Salad w/Croutons
Chunky Apple Cinnamon Cup
Birthday Fruit Cocktail Cake!

Thursday—April 25

Chef's Choice



Friday—April 26

Hot Open Faced Beef Sandwich
Mashed Potatoes & Gravy
Country Style Vegetables
Chilled Juice
Mixed Berry Crisp

Monday—April 29

Mandarin Orange Chicken
Veggie Fried Rice
Oriental Vegetables
Wheat Roll & Cranberry Juice
Walnut Spice Cookie

Tuesday—April 30

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



DONATIONS gladly accepted ("Quest" accepted)

Menu substitutions or changes are sometimes necessary.

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	360-321-1600
Brookhaven Apartments, Langley	M,W,F/Noon & Th/5PM		360-321-1600
CamBay Apartments, Coupeville	M,Tu,W,F	Noon	360- 678-3373
WEF Church Greenbank	W,F	11:30	360-678-3373
Oak Harbor Senior Center	M,W,F	11:30	360-279-0367
Coupeville Methodist Church	W	Noon	360-678-3373