



ISLAND SENIOR RESOURCES— May 2019

SERVING CAMANO AND WHIDBEY ISLANDS



HAPPY MOTHER'S DAY!



Monday—May 6

Crispy Oven Baked Chicken
Roasted Potatoes
Malibu Mixed Vegetables
Texas Toast & Juice
Lime Jello Pineapple Dessert

Monday—May 13

Chicken Alfredo Fettuccini
Green Beans w/sliced Almonds
Caesar Salad
French Bread Slice & Juice
Double Chocolate Chunk Cookie

Monday—May 20

Pork Loin w/Chutney
Mashed Red Potatoes w/Garlic
Green Beans
Dinner Roll & Juice
Strawberry Shortcake

Monday—May 27

Memorial Day

Meal Sites Close



Tuesday—May 7

Salad Bar w/
Variety of Vegetables
Cottage Cheese w/Fruit
Soft Bread Stick
Chef's Choice Dessert

Tuesday—May 14

Supreme Pizza
w/Pepperoni & Vegetables
Mixed Greens Salad w/Carrots
Chilled Grape Juice
Chocolate Pudding

Tuesday—May 21

Salad Bar w/
Variety of Vegetables
Cottage Cheese w/Fruit
Soft Bread Stick
Chef's Choice Dessert

Tuesday—May 28

Best Reuben Sandwich
w/ Swiss Cheese
& Sauerkraut
Potato Salad w/Dill
Fresh Fruit Cup

Wednesday—May 1

Meatloaf w/Tomato Topping
Whipped Potatoes w/Gravy
Spinach Salad w/Mushrooms
Soft Roll & Juice
Vanilla Pudding Cake w/Berries

Wednesday—May 8

Chef's Salad w/Turkey & Ham,
& w/Tomato, Egg, & Cheese
Herbed Croutons
Sunshine Fruited Muffin
Limeade Bar

Wednesday—May 15

Pub Battered Fish
Crispy Fries & Tartar Sauce
Mixed Vegetables
Chilled Grape Juice & Roll
Fresh Fruit

Wednesday—May 22

Frito Pie w/Ground Beef
w/ Salsa, Tomatoes, Cheese
Southwest Salad w/Cilantro
Corn Muffin & Juice
Flan w/Caramel Sauce

Wednesday—May 29

Chicken Ranch Wrap
w/Lettuce and Tomato
Crispy Tortilla Chips
Cucumber Salad & Juice
Happy Birthday Cake!

Thursday—May 2

Chef's Choice



Thursday—May 9

Chef's Choice



Thursday—May 16

Chef's Choice



Thursday—May 23

Chef's Choice



Thursday—May 30

Chef's Choice



Friday—May 3

Beef & Broccoli Stir Fry
“Fried Rice” w/Onions & Celery
Asian Blend Vegetables
Soft Dinner Roll
Mandarin Orange Cup

Friday—May 10

Sloppy Joe w/Pepper
w/Tomatoes on Bun
Coleslaw w/Carrots
Baked Beans
Cherry Crisp

Friday—May 17

Swedish Meatballs w/Sauce
Over Brown Rice
Sunshine Carrots
Dinner Roll & Juice
Mixed Berry Bar

Friday—May 24

Spinach Lasagna
w/Marinara Sauce
Italian Green Beans
Caesar Salad w/Croutons
Blueberry Lemon Cookie

Friday—May 31

Chicken Putanessca
Roasted Potatoes
Mixed Vegetables
Wheat Roll & Juice
Lemon Poppseed Cake

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
CamBay 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

DONATIONS gladly accepted & “QUEST” accepted

Menu substitutions or changes are sometimes necessary.

Approved: *Debbie Metz*



Debbie Metz, R.D. C.D.