



# SENIOR SERVICES OF ISLAND COUNTY – June 2019

SERVING CAMANO AND WHIDBEY ISLANDS

Island Senior Resources



## Monday—June 3

Ham & Potato Casserole  
Cold Pea Salad  
w/Green Onions & Cheese  
Corn Muffin & Grape Juice  
Tropical Fruit Cup

## Monday—June 10

Stuffed Pepper Bake  
Steamed White Rice  
Chuckwagon Corn  
Roll & Juice  
Salted Caramel Cookies

## Monday— June 17

Chicken Fried Steak  
Mashed Potatoes w/Gravy  
Steamed Mixed Vegetables  
Dinner Roll & Juice  
Fruited Jello

## Monday—June 24

Sweet & Sour Meatballs  
Rice Cauliflower w/Garlic  
Cut Carrots w/Bread Crumbs  
Soft Bread Sticks & Juice  
Crème De Menthe Brownies

## Tuesday—June 4

Salad Bar  
of Vegetables & Croutons  
Cottage Cheese w/ Peaches  
Bread Sticks  
Peanut Butter Cookie

## Tuesday—June 11

Turkey Cranberry Wrap  
Roasted Vegetable Soup  
w/ Herbed Croutons  
Chilled Grape Juice  
Chef's Choice Dessert

## Tuesday—June 18

Salad Bar  
of Vegetables & Croutons  
Cottage Cheese w/ Peaches  
Crusty Roll  
Chef's Choice Dessert

## Tuesday—June 25

Best Reuben Sandwich  
w/ Swiss Cheese & Sauerkraut  
Potato Salad w/Dill  
Chilled Grape Juice  
Chef's Choice Dessert

## Wednesday—June 5

Chile Relleno w/Green Salsa  
Spanish Rice w/Beans  
Cut Asparagus  
Cornbread Muffin & Juice  
Chocolate Cheesecake Bars

## Wednesday— June 12

Cheeseburger Sliders  
Mac & Cheese  
Spinach Strawberry Salad  
w/Red Onion & Juice  
Pound Cake w/Berries

## Wednesday—June 19

Ground Beef Burrito w/Salsa  
Tomatoes, Lettuce, Sr.Cream  
Pinto Beans w/Onion  
Chilled Juice  
Honey Bran Peaches Bar

## Wednesday—June 26

Caribbean Pork Tenderloin  
Roasted Vegetables w/Potato  
Green Beans Almondine  
Wheat Roll & Juice  
Birthday Black Forest Cake!

## Thursday—June 6

*Chef's Choice*



## Thursday—June 13

*Chef's Choice*



## Thursday—June 20

*Chef's Choice*



## Thursday—June 27

*Chef's Choice*



## Friday—June 7

Crispy Chicken Strips  
Cous Cous Medley  
Broccoli Slaw w/Raisins  
Roll & Apple Juice  
Cherry Torte Bars

## Friday—June 14

Beef Enchilada Bake  
w/Salsa & Sour Cream  
Sweet Potato Salad w/Lime  
Cornmeal Muffin & Juice  
Chocolate Peanut Butter Squares

## Friday—June 21

Chicken Tostadas w/Sour Cream  
& Lettuce , Tomato, Salsa  
Spanish Rice w/Beans  
Southwest Corn Salad  
Apple Empanadas

## Friday—June 28

Chicken Cordon Bleu Bake  
Baked Potato Wedges  
Steamed Asparagus & Salad  
Dinner Roll & Juice  
Butterscotch Blondie Square

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 & <b>Th/5PM</b>		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
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.



**Senior Farmer's Market Program  
Produce Voucher's for low in-  
come seniors arrive 2nd week in  
June.**

**Limited supply—call Bayview  
Center for more information.  
321-1600**

**HAPPY  
FATHER'S  
DAY!**