



September 2019 MENU Island Senior Resources

SERVING CAMANO AND WHIDBEY ISLANDS



Monday—Sept 2

Labor Day

Meal Sites Closed



Tuesday—Sept 3

Ham & Cheese on Croissant
w/Lettuce and Cheese
Hearty Soup w/Vegetables
Crisp Potato Chips
Chef's Choice Dessert

Wednesday—Sept 4

Beef Tostada w/Lettuce
& Tomatoes, Salsa, Sour Cream
Southwest Corn Salad
Chilled Cranberry Juice
Vanilla Pudding w/Wafers

Thursday—Sept 5

Brookhaven
Chef's Choice



Friday—Sept 6

Italian Antipasto Salad
w/ Pasta and Vegetables
Cottage Cheese w/Fruit
Bread Stick & Juice
Coffee Cake Dessert

Monday—Sept 9

Beef & Broccoli Stir Fry
Fried Rice w/ Peas, Celery
Sunshine Carrots
Roll & Grape Juice
Fresh Baked Cookie

Tuesday—Sept 10

Sub Deli Sandwich
w/Lettuce, Onion, Tomato
Hearty Chowder w/Vegetables
Crispy Chips & Juice
Chef Choice Dessert

Wednesday—Sept 11

Salmon w/Lemon Sauce
Orzo w/ Parsley, Parmesan
& Vegetables
Green Salad w/Croutons
Apple Crisp

Thursday—Sept 12

Brookhaven
Chef's Choice



Friday—Sept 13

Chicken Salad Wrap
w/Lettuce, and Onion
Cucumber Pepper Salad
Sliced Fresh Fruit
Chocolate Cake w/Frosting

Monday—Sept 16

Southwest Casserole
w/Chiles and Cheddar Cheese
Dinner Salad w/Croutons
Corn Muffin
Tropical Fruit Cup

Tuesday—Sept 17

Supreme Pizza
w/Pepperoni & Veggies
Mixed Greens Salad & Croutons
Chilled Juice
Chef's Choice Dessert

Wednesday—Sept 18

Spinach Salad
w/Eggs, Bacon, Tomato
& Herbed Croutons
Focaccia Bread & Juice
Strawberry Shortcake

Thursday—Sept 19

Brookhaven
Chef's Choice



Friday—Sept 20

Turkey Cutlet
w/ Blueberry Chipotle
Mashed Potatoes
Roasted Brussel Sprouts
Jell-O w/Fruit

Monday—Sept 23

Chicken Tenders w/Drsg
Pesto Pasta w/Vegetables
Sunshine Carrots
Wheat Roll & Cranberry Juice
Fresh Baked Cookie

Tuesday—Sept 24

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

Wednesday—Sept 25

Chicken Fried Rice w/Pineapple
Asian Vegetables
Soft Hawaiian Roll
Chilled Juice
Happy Birthday Cake!

Thursday—Sept 26

Brookhaven
Chef's Choice



Friday—Sept 27

Turkey Chili w/ Tomatoes
& Wagon Wheel Pasta
Mixed Greens Salad w/Croutons
Corn Muffin & Juice
No Bake Cheesecake

Monday—Sept 30

Lemon Pepper Fish
Rice Pilaf w/Peas & Carrots
Steamed Broccoli
Wheat Roll & Cranberry Juice
Blondie Square



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
Hillside 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



DONATIONS gladly accepted ("Quest" accepted)

Menu substitutions or changes are sometimes necessary.

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