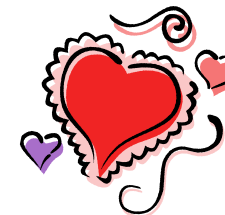




SENIOR SERVICES OF ISLAND COUNTY - February 2009

SERVING CAMANO AND WHIDBEY ISLANDS



Monday—Feb 2

BBQ Chicken
Oven Roasted Potatoes
Broccoli Normandy
Blueberry Muffin
Sliced Peaches

Tuesday--Feb 3

Minestrone Soup
Mixed Green Salad
w/ Carrots & Tomato
Whole Wheat Roll
Raspberry Cheesecake

Wednesday—Feb 4

Swiss Steak w/Green Pepper
over Brown Rice
Scandinavian Vegetables
Whole Wheat Roll
Apple Crisp

Thursday— Feb 5

Kielbasa & Kraut on Bun
Potato Wedges
Green Salad w/tomato
& Herb Croutons
Chocolate Pudding

Friday—Feb 6

Turkey & Rice Casserole
w/ Peas
Crinkle Cut Carrots
Whole Wheat Roll
Mandarin Orange Cake

Monday—Feb 9

Orange Glazed Chicken
Parmesan Noodles
Winter Mix Vegetables
French Bread
Zucchini Cake

Tuesday—Feb 10

Vegetarian Chili
w/ Tomato & Cheese
Cole Slaw w/Pineapple
Old Fashioned Corn Bread
Chocolate Chip Cookie

Wednesday—Feb 11

Meat Loaf w/tomato topping
Creamy Mashed Potatoes
Succotash
Carrot Raisin Muffin
Cranberry-Apple Crisp

Thursday—Feb 12

Clam Chowder
Spinach Salad w/tomato
w/honey mustard dressing
Whole Wheat Roll
Garden Cake

Friday— Feb 13

Sliced Ham w/ Pineapple
Sweet Potatoes
Steamed Broccoli
Whole Wheat Roll
Lemon Bar

Monday— Feb 16

President's Day



Tuesday —Feb 17

Reuben Sandwiches
w/ Swiss cheese & sauerkraut
Broccoli Slaw w/ carrots
Apple Juice
Blonde Brownie

Wednesday—Feb 18

Sweet & Sour Chicken
over Brown Rice
Brussel Sprouts
Whole Wheat Roll
Apricot Cake

Thursday—Feb 19

Manicotti w/Marinara
Scandinavian Mix Vegetables
Focaccia Bread
w/Tomatoes
Chilled Pears

Friday— Feb 20

Sloppy Joes
On a Wheat Bun
Sweet Potato Fries
Green Pea/Pepper Salad
Dream Pie

Meal Sites Closed

Monday—Feb 23

Oven 'Fried' Chicken
Whipped Potatoes
Capri Mix Vegetables
French Bread
Strawberry Shortcake

Tuesday—Feb 24

Salad Bar
w/Assorted veggies
& Herb Croutons
Whole Wheat Roll
Walnut Spice Cookie

Wednesday—Feb 25

Tuna Patty w/ Dill Sauce
Rice Pilaf w/ peas & carrots
Riviera Vegetables
Homemade Bread Stick
Pineapple Upside Down Cake

Thursday—Feb 26

Ham & Potato Casserole
Crinkle Cut Carrots
Three bean salad
Whole Wheat Roll
Mandarin Oranges

Friday—Feb 27

Macaroni & Cheese
Sliced Beets
Broccoli Spears
Garlic Bread
Triple Berry Crisp

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

Approved: _____
Debbie Metz, R.D.

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	Mon thru Fri	Noon	678-4886
WEF Church Greenbank	W,F	11:30	678-3373
Oak Harbor Senior Center	M,W,F	11:45	279-0367

