

SUNRISE

Senior Living Choices for You

December 2020 DIETARY MENU



Wendy Barbee,
DIETARY MANAGER

All Meals Include:
Choice of Milk, Ice Water, Coffee, Tea, Iced
Tea, Breads, Dinner Rolls, Margarine and
Jellies and Ice Cream.
**All Menus are Subject to Change.*

Meals: Guest Mon.-Sat. Noon/Dinner
Price: \$7.75/Adults, \$6.50/Child under 10yrs.
***Guest Sunday & Holiday Noon/Dinner**
Price: \$10.00/Adults, \$7.00/Child under 10 yrs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 29— Tender Braised Roast Beef —or—Baked Chicken Breast Spiced Apple Ring, Parsley Mashed Potatoes, Beef Gravy, Corn O'Brien, Green Bean Casserole, Chocolate Cream	Nov 30— Meatloaf, Steamed Broccoli, Egg Roll, Sweet & Sour Sauce, Creamy Fruit Dessert.	Dec 1— Pineapple Glazed Ham, Cauliflower —or— Savory Beef Stroganoff, Tossed Greens with Dressing. Pineapple Dream Bar.	Dec 2— Spanish Style Steak, Parslied Red Potatoes, Diced Beets, Turtle Cheesecake.	Dec 3— Black Oak Smoked Sausage, Sauteed Peppers and Onions, Fresh Melon.	Dec 4— Roast Turkey —or— Salmon Loaf with Hollandaise Sauce, Mashed Potatoes, Turkey Gravy, Creamed Corn, Seasoned Peas, Pumpkin Bar.	Dec 5— Bacon Wrapped Pork Fillet, Tortellini Vegetable Salad, Bread —or— Dr. Pepper Meatballs, Pickled Beets, Angel Food Cake with Strawberries.
Dec 6— Turkey Pot Roast, Orange Slice Garnish w/ Pars- ley, Cranberry Almond Stuffing —or—Pork Chop, Mashed Potatoes, Pork Gravy. Cascade Blend Vegetables Dutch Apple Pie.	Dec 7— Glazed Meatloaf —or— Herb Baked Chicken, Mashed Potatoes with Gravy, Creamed Peas, Key West Blend Vegetables, Peach Berry Cobbler.	Dec 8— Tortellini Alfre- do with Smoked Sausage —or— Pepper Steak, Citrus Twist Garnish, Rose- mary Roasted Broccoli, Mixed Vegeta- bles, Tiramisu Dessert.	Dec 9— Ham with Pineapple Chutney —or— Baked Fish Filet, Baked Potato with Sour Cream/Chives, Green Beans with Bacon, Carrots, Ice Cream.	Dec 10— Rosemary Pork Steak —or— Loaded Turkey Noodle Casserole, Mashed Sweet Potatoes, Diced Beets, Sicilian Blend Vegetable, Diced Beets, Ice Cream Sandwich.	Dec 11— Breaded Shrimp —or— Beef Minute Steak, Lemon Wedge Garnish with Parsley, Scalloped Corn, Onion Roasted Potatoes, California Blend Veggies, Straw- berry Mousse.	Dec 12— Spaghetti & Meatballs — or— Chef Salad, Roasted Italian Vegetables, Garlic Toast, Gelatin Cake.
Dec 13— Ginger Peach Swiss Steak with Tomatoes, BBQ Ribs, Spiced Apple Ring Garnish, Stuffed Potato Skins, Chuckwagon Corn, Steamed Broccoli, Carrot Cake Roll.	Dec 14— Chicken Scampi —or— Baked Pollock Fillet, Garlic Spaghetti, Asparagus, Cascade Blend Vegetables, Sherbet.	Dec 15— Tender Braised Roast Beef —or— Creamed Turkey with Biscuit, Mashed Potatoes, Beef Gravy, California Blend Vegetables, Strawberry Shortcake.	Dec 16— Pecan Glazed Pork Chop —or— BBQ Chicken Breast, Mashed Sweet Potato, Zucchini & Tomatoes Seasoned Peas, Summer Swirl Cake with Citrus Glaze.	Dec 17— Italian Goulash, Italian Blend Vegetables —or— Pork Medallion Steak with Sweet Peppers, Garlic Toast, Frosted Brownie.	Dec 18— Cod in Balsamic Tomatoes —or— Baked Ham, Creamy Potato Gratin, Steamed Broccoli, Sesame Green Beans, Cherry Cheesecake.	Dec 19— Country Fried Steak, Mashed Potatoes, Country Gravy, Parslied Sunshine Carrots —or— Cottage Cheese with Fresh Fruit Plate & Crackers. Razzleberry Crisp with Topping.
Dec 20— Turkey Pot Roast, Orange Slice Garnish w/ Pars- ley, Cranberry Almond Stuffing —or—Pork Chop, Mashed Potatoes, Pork Gravy. Cascade Blend Vegetables Dutch Apple Pie.	Dec 21— Glazed Meatloaf —or— Herb Baked Chicken, Mashed Potatoes with Gravy, Creamed Peas, Key West Blend Vegetables, Peach Berry Cobbler.	Dec 22— Tortellini Alfredo with Smoked Sausage —or— Pepper Steak, Citrus Twist Garnish, Rosemary Roasted Broccoli, Mixed Veggies, Tiramisu Dessert.	Dec 23— Ham with Pineapple Chutney —or— Baked Fish Filet, Baked Potato with Sour Cream/Chives, Green Beans with Bacon, Carrots, Ice Cream.	Dec 24— Rosemary Pork Steak —or— Loaded Turkey Noodle Casserole, Mashed Sweet Potatoes, Diced Beets, Sicilian Blend Vegetable, Diced Beets, Ice Cream Sandwich.	Dec 25— Breaded Shrimp —or— Beef Minute Steak, Lemon Wedge Garnish w/ Parsley, Scalloped Corn, Onion Roasted Potatoes, Cali- fornia Blend Veggies, Straw- berry Mousse.	Dec 26— Spaghetti & Meatballs —or— Chef Salad, Roasted Italian Vegetables, Garlic Toast, Gelatin Cake.
Dec 27— Tender Braised Roast Beef —or— Baked Chicken Breast Spiced Apple Ring, Parsley Mashed Potatoes, Beef Gravy, Corn O'Brien, Green Bean Casserole, Chocolate Cream Pie.	Dec 28— Meatloaf, Steamed Broccoli, Egg Roll, Sweet & Sour Sauce, Creamy Fruit Dessert.	Dec 29— Pineapple Glazed Ham, Cauliflower —or— Savory Beef Stroganoff, Tossed Greens with Dressing. Pineapple Dream Bar.	Dec 30— Spanish Style Steak, Parslied Red Potatoes, Diced Beets, Turtle Cheesecake.	Dec 31— Black Oak Smoked Sausage, Sauteed Peppers and Onions, Fresh Melon.	Jan 1, 2021— Roast Turkey —or— Salmon Loaf with Hollandaise Sauce, Mashed Potatoes, Turkey Gravy, Creamed Corn, Seasoned Peas, Pumpkin Bar.	Jan 2, 2021— Bacon Wrapped Pork Fillet, Tortellini Vegetable Salad, Bread —or— Dr. Pepper Meatballs, Pickled Beets, Angel Food Cake with Strawberries.