

# SUNRISE

Senior Living Choices for You

## May 2021 DIETARY MENU



Wendy Barber,  
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
Apr 25— Roast Turkey —or— Pepper Steak Cranberry Sauce, Cornbread Stuffing, Sicilian Vegetables, Steamed Broccoli, Pumpkin Pie.	Apr 26—Apple Butter BBQ Ribs —or— Baked Pollock Fillet, Twice Baked Potatoes, Caramelized Butternut Squash, Cascade Blend Veggies, No- Bake Peanut Butter Bar.	Apr 27— Country Fried Steak —or— Baked Ham, Mashed Potatoes, Country Gravy, Brown Sugar Glazed Beets, Pacific Vegeta- ble Blend, Cookie Dough Cheesecake.	Apr 28— Roast Beef, Mashed Potatoes, Beef Gravy, Green Bean Casserole —or— Chicken Lo Mein, Egg Roll, Sweet & Sour Sauce, Sherbet.	Apr 29— Honey DiJon Pork Loin —or— Hamburger Steak with Gravy, Mini- Baker Potatoes, Wax Beans, Spinach Salad with Dressing, Cherry Crisp.	Apr 30— Breaded Cod Scrod —or— Poppy Seed Chicken, Sour Cream Mashed Potatoes, Beets, Cauliflower AuGratin, Cranberry Orange Cake.	May 1— Baked Chicken Drumstick —or— Liver and Onions, Potato Salad, Zucchini & Tomatoes, Grandma's Baked Beans, Cookies & Cream Dessert.
May 2— Roast Pork —or— Beef Minute Steak, Mashed Potatoes, Pork Gravy, Sunshine Carrots, Key West Blend Vegetables, Dutch Apple Pie.	May 3— Spaghetti with Meatsauce —or— Escalloped Turkey, Riviera Vegetables, Broccoli & Cheese Sauce, Garlic Toast, Pumpkin Bar.	May 4— Cider Glazed Chicken —or— BBQ Ribs, Whipped Sweet Potatoes, Green Beans, Pickled Beets, Flamingo Cake.	May 5— Roast Beef —or— Herb Baked Fish, Mashed Potatoes, Beef Gravy, Steamed Cab- bage, Cascade Blend Vegetables, Caramel Apple Crisp.	May 6— Glazed Meatloaf —or— Smoked Sausage, Hashbrown Casserole, Sauteed Peppers and Onions, Corn, Ice Cream.	May 7— Breaded Shrimp —or— Goulash, Baked Potato, Roasted Italian Vegetables, Lemon Glazed Carrots, Mint Fluff.	May 8 Salisbury Steak & Mushroom Gravy —or— Baked Pork Chop, Mashed Potatoes with Savory Gravy, Country Trio Veggies, Garlic & Herb Riced Cauliflower, Cake Roll.
May 9— Cranberry Glazed Ham —or— Beef Minute Steak, Mashed Sweet Potatoes, Green Beans, Carrots, Peach Pie.	May 10— Broasted Chicken —or— Rosemary Pork Steak, Mashed Potatoes, Chicken Gravy, Country Trio Veggies, Sicilian Blend Vegetables Strawberry Cheesecake.	May 11— Lasagna —or— Breaded Fish Filet, Riviera Vegetables, Creamed Peas, Garlic Toast, Chocolate Toffee Dessert.	May 12— BBQ Ribs, Scalloped —or— Herb Baked Chicken, Potatoes, Green Beans with Bacon &/or Baked Beans, Orange Kissed Angelfood Cake.	May 13— Glazed Meatloaf —or— Farmhouse Turkey Salad with Dressing of Choice, Breadstick, Macaroni and Cheese, Parslied Carrots, Apple Crisp.	May 14— Orange Ginger Salmon —or— Pork Chop, Wild Rice Pilaf with Almonds, Broccoli, Zucchini & Tomatoes, Blueberry Lemon Upside Down Cake.	May 15— Country Fried Steak —or— Grilled Chicken Breast, Mashed Potatoes, Country Gravy, Roasted Beets, Pacific Veggie Blend, Fruit
May 16— Roast Beef —or— Herb Baked Fish, Mashed Potatoes, Beef Gravy, Steamed Broccoli, Seasoned Peas, Cream Pie.	May 17— Creamy Chicken Carbonara —or— Baked Ham, Italian Roasted Cauliflower, Sweet Potatoes, Green Beans, Garlic Toast, Mint Cheese- cake Brownie.	May 18— Smoked Pork Chop with Cherry Sauce —or— Stuffed Green Pepper, Baked Potato, Sour Cream, Fried Cabbage, Pumpkin Blondie.	May 19— Chicken with Apple & Walnut Stuffing —or— Swiss Steak with Tomatoes, Cheesy Mashed Potatoes, Broccoli, Sunshine Carrots, Spice Cake w/ Butter Frosting.	May 20— .Smoked Beef Brisket , Mashed Sweet Potatoes, Malibu Blend Vegetables, Drumstick Ice Cream Cone, Dinner Roll —or— Cottage Cheese Fruit Plate, Assorted Crackers.	May 21— Lemon Pepper Cod, —or— Raspberry Balsamic Meatballs, Tater-Tot Bake, Riviera Vegetables, Asian Blend Vegetables, Egg Roll, Strawberry Mousse.	May 22— Broasted Chicken —or— Pork Steak, Mashed Potatoes, Chicken Gravy, Glazed Carrots, Scalloped Corn, Ice Cream.
May 23— Roast Turkey —or— Pepper Steak Cranberry Sauce, Cornbread Stuffing, Sicilian Vegetables, Steamed Broccoli, Pumpkin Pie.	May 24—Apple Butter BBQ Ribs —or— Baked Pollock Fillet, Twice Baked Potatoes, Caramelized Butternut Squash, Cascade Blend Veggies, No- Bake Peanut Butter Bar.	May 25— Country Fried Steak —or— Baked Ham, Mashed Potatoes, Country Gravy, Brown Sugar Glazed Beets, Pacific Vegeta- ble Blend, Cookie Dough Cheesecake.	May 26— Roast Beef, Mashed Potatoes, Beef Gravy, Green Bean Casserole —or— Chicken Lo Mein, Egg Roll, Sweet & Sour Sauce, Sherbet.	May 27— Honey DiJon Pork Loin —or— Hamburger Steak with Gravy, Mini- Baker Potatoes, Wax Beans, Spinach Salad with Dressing, Cherry Crisp.	May 28— Breaded Cod Scrod —or— Poppy Seed Chicken, Sour Cream Mashed Potatoes, Beets, Cauliflower AuGratin, Cranberry Orange Cake.	May 29— Baked Chicken Drumstick —or— Liver and Onions, Potato Salad, Zucchini & Tomatoes, Grandma's Baked Beans, Cookies & Cream Dessert.
May 30— (Sunday) Roast Pork —or— Beef Minute Steak, Mashed Potatoes, Pork Gravy, Sunshine Carrots, Key West Blend Vegetables, Dutch Apple Pie.			May 31— (Monday) Spaghetti with Meatsauce—or— Escalloped Turkey, Riviera Vegetables, Broccoli & Cheese Sauce, Garlic Toast, Pumpkin Bar.			

