

SUNRISE

Senior Living Choices for You

September 2021 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
Aug 29— Cranberry Glazed Ham —or— Beef Minute Steak, Mashed Sweet Potatoes, Green Beans, Carrots, Peach Pie.	Aug 30— Broasted Chicken —or— Rosemary Pork Steak, Mashed Potatoes, Chicken Gravy, Country Trio Veggies, Sicilian Blend Vegetables Strawberry Cheesecake.	Aug 31— Lasagna —or— Breaded Fish Filet, Riviera Vegetables, Creamed Peas, Garlic Toast, Chocolate Toffee Dessert.	Sept 1— BBQ Ribs, Scalloped —or— Herb Baked Chicken, Potatoes, Green Beans with Bacon &/or Baked Beans, Orange Kissed Angelfood Cake.	Sept 2— Glazed Meatloaf —or— Farmhouse Turkey Salad with Dressing of Choice, Breadstick, Macaroni and Cheese, Parslied Carrots, Apple Crisp.	Sept 3— Orange Ginger Salmon —or— Pork Chop, Wild Rice Pilaf with Almonds, Broccoli, Zucchini & Tomatoes, Blueberry Lemon Upside Down Cake.	Sept 4— Country Fried Steak —or— Grilled Chicken Breast, Mashed Potatoes, Country Gravy, Roasted Beets, Pacific Veggie Blend, Fruit Turnover.
Sept 5— Roast Beef —or— Herb Baked Fish, Mashed Potatoes, Beef Gravy, Steamed Broccoli, Seasoned Peas, Cream Pie.	Sept 6— Creamy Chicken Carbonara —or— Baked Ham, Italian Roasted Cauliflower, Sweet Potatoes, Green Beans, Garlic Toast, Mint Cheese-cake Brownie.	Sept 7— Smoked Pork Chop with Cherry Sauce —or— Stuffed Green Pepper, Baked Potato, Sour Cream, Fried Cabbage, Pumpkin Blondie.	Sept 8— Chicken with Apple & Walnut Stuffing —or— Swiss Steak with Tomatoes, Cheesy Mashed Potatoes, Broccoli, Sunshine Carrots, Spice Cake w/ Butter Frosting.	Sept 9— .Smoked Beef Brisket , Mashed Sweet Potatoes, Malibu Blend Vegetables, Drumstick Ice Cream Cone, Dinner Roll —or— Cottage Cheese Fruit Plate, Assorted Crackers.	Sept 10— Lemon Pepper Cod, —or— Raspberry Balsamic Meatballs, Tater-Tot Bake, Riviera Vegetables, Asian Blend Vegetables, Egg Roll, Strawberry Mousse.	Sept 11— Broasted Chicken —or— Pork Steak, Mashed Potatoes, Chicken Gravy, Glazed Carrots, Scalloped Corn, Ice Cream.
Sept 12— Roast Turkey —or— Pepper Steak Cranberry Sauce, Cornbread Stuffing, Sicilian Vegetables, Steamed Broccoli, Pumpkin Pie.	Sept 13—Apple Butter BBQ Ribs —or— Baked Pollock Fillet, Twice Baked Potatoes, Caramelized Butternut Squash, Cascade Blend Veggies, No-Bake Peanut Butter Bar.	Sept 14— Country Fried Steak —or— Baked Ham, Mashed Potatoes, Country Gravy, Brown Sugar Glazed Beets, Pacific Vegetable Blend, Cookie Dough Cheesecake.	Sept 15— Roast Beef, Mashed Potatoes, Beef Gravy, Green Bean Casserole —or— Chicken Lo Mein, Egg Roll, Sweet & Sour Sauce, Sherbet.	Sept 16— Honey DiJon Pork Loin —or— Hamburger Steak with Gravy, Mini-Baker Potatoes, Wax Beans, Spinach Salad with Dressing, Cherry Crisp.	Sept 17— Breaded Cod Scrod —or— Poppy Seed Chicken, Sour Cream Mashed Potatoes, Beets, Cauliflower AuGratin, Cranberry Orange Cake.	Sept 18— Baked Chicken Drumstick —or— Liver and Onions, Potato Salad, Zucchini & Tomatoes, Grandma's Baked Beans, Cookies & Cream Dessert.
Sept 19— Roast Pork —or— Beef Minute Steak, Mashed Potatoes, Pork Gravy, Sunshine Carrots, Key West Blend Vegetables, Dutch Apple Pie.	Sept 20— Spaghetti with Meatsauce —or— Escalloped Turkey, Riviera Vegetables, Broccoli & Cheese Sauce, Garlic Toast, Pumpkin Bar.	Sept 21— Cider Glazed Chicken —or— BBQ Ribs, Whipped Sweet Potatoes, Green Beans, Pickled Beets, Flamingo Cake.	Sept 22— Roast Beef —or— Herb Baked Fish, Mashed Potatoes, Beef Gravy, Steamed Cabbage, Cascade Blend Vegetables, Caramel Apple Crisp.	Sept 23— Glazed Meatloaf —or— Smoked Sausage, Hashbrown Casserole, Sauted Peppers and Onions, Corn, Ice Cream.	Sept 24— Breaded Shrimp —or— Goulash, Baked Potato, Roasted Italian Vegetables, Lemon Glazed Carrots, Mint Fluff.	Sept 25— Salisbury Steak & Mushroom Gravy —or— Baked Pork Chop, Mashed Potatoes with Savory Gravy, Country Trio Veggies, Garlic & Herb Riced Cauliflower, Cake Roll.
Sept 26— Cranberry Glazed Ham —or— Beef Minute Steak, Mashed Sweet Potatoes, Green Beans, Carrots, Peach Pie.	Sept 27— Broasted Chicken —or— Rosemary Pork Steak, Mashed Potatoes, Chicken Gravy, Country Trio Veggies, Sicilian Blend Vegetables Strawberry Cheesecake.	Sept 28— Lasagna —or— Breaded Fish Filet, Riviera Vegetables, Creamed Peas, Garlic Toast, Chocolate Toffee Dessert.	Sept 29— BBQ Ribs, Scalloped —or— Herb Baked Chicken, Potatoes, Green Beans with Bacon &/or Baked Beans, Orange Kissed Angelfood Cake.	Sept 30— Glazed Meatloaf —or— Farmhouse Turkey Salad with Dressing of Choice, Breadstick, Macaroni and Cheese, Parslied Carrots, Apple Crisp.	Oct 1— Orange Ginger Salmon —or— Pork Chop, Wild Rice Pilaf with Almonds, Broccoli, Zucchini & Tomatoes, Blueberry Lemon Upside Down Cake.	Oct 2— Country Fried Steak —or— Grilled Chicken Breast, Mashed Potatoes, Country Gravy, Roasted Beets, Pacific Veggie Blend, Fruit Turnover.