

OPEN DINING SERVICE
is available at the following times:

APPLEWOOD: Breakfast 7:00am,
Lunch 11:30am, Supper 5:00pm,
EVERGREEN: Breakfast 7:00am,
Lunch 11:30am, Supper 5:00pm.
SUNLIGHT: Breakfast 7:30am,
Lunch 11:30am, Supper 5:30pm.
BERNSTEIN: Breakfast 7:30am,
Lunch 11:30am, Supper 5:00pm.
FOUNTAINVIEW: Breakfast 7:00am,
Lunch 11:30am, Supper 5:00pm.

SUNRISE

Senior Living Choices for You

September 2022 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 10yrs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Aug 28— Sweet & Smokey Ribs, Baked Potato, Sour Cream, Green Beans w/ Bacon —or— Tuna Casserole, Buttered Peas. Strawberry Pie.</p>	<p>Aug 29— Roast Beef, Mashed Potatoes, Beef Gravy, Chuckwagon Corn —or— Baked Pork Chop Sicilian Veggies (Greenbeans, Carrots, Peppers, & Onion) Gelatin Poke Cake .</p>	<p>Aug 30— Classic Meatloaf, Mashed Pota- toes, Beef Gravy, Steamed Broccoli —or— Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes, Gravy, Stewed Tomatoes Turtle Brownie.</p>	<p>Aug 31— Caprese Chicken, Garlic & Basil Pasta, Lemon Pepper Asparagus —or— Cottage Cheese Fresh Fruit Plate. Blueberry Pie Bar.</p>	<p>Sept 1— Roast Turkey, Mashed Potatoes, Turkey Gravy, Green Beans —or— Scalloped Potatoes & Ham, Spinach. Pumpkin Pie with Topping.</p>	<p>Sept 2— Lasagna, Layered Salad, Breadstick —or— Lemon Pepper Cod, Broccoli & Cauliflower. Apple Crisp.</p>	<p>Sept 3— Italian Brown Sugar Chicken, Herb Parmesan Baby Bakers, Cascade Blend Veggies (Carrots, green beans.) —or— Cheeseburger On Bun, Macaroni Salad. Ice Cream Cup.</p>
<p>Sept 4— Pork Roast, Mashed Potatoes, Pork Gravy, Diced Beets —or— Beef Minute Steak, Riviera Vegetables. Peach Pie</p>	<p>Sept 5— Spaghetti & Meatballs, Caesar Salad, Garlic Toast —or— Orange Ginger Salmon, Buttered Peas. Frosted Banana Bar.</p>	<p>Sept 6— Swiss Pork Chop, Baked Sweet Potato, Country Style Green Beans, —or— Chicken Stir Fry with Vegetables, Rice. Peach Raspberry Crisp.</p>	<p>Sept 7— Roast Beef, Mashed Potatoes, Beef Gravy, Mixed Vegetables —or— Turkey Noodle Casserole, Basil Peas. Candy Bar Cheesecake.</p>	<p>Sept 8— Garlic Buttered Chicken, Long Grain Wild Rice, Roasted Capri Blend Veggies, —or— Swiss Steak with Tomatoes, Garden Salad Bowl, Seasonal Fresh Fruit.</p>	<p>Sept 9— Seasoned Baked Cod Filet, Hashbrowns, Broccoli —or— Escalloped Turkey, Carrots. Pineapple Pudding Cake.</p>	<p>Sept 10— Classic Meatloaf, Mini-Baker Potatoes, Tossed Vegetable Salad —or— Italian Goulash, Orange Glazed Malibu Veggies. Angel Food Cake with Strawberries.</p>
<p>Sept 11— Roast Beef, Mashed Potatoes, Beef Gravy, Seasoned Peas —or— Salisbury Steak with Mushroom Gravy, Broccoli Apple Pie.</p>	<p>Sept 12— Lemon Garlic Pork Loin, Mashed Potatoes, Pork Gravy, Spinach —or—Turkey Tetrazzini, Parslied Sunshine Carrots. Strawberry Cobbler Bar.</p>	<p>Sept 13— Pineapple Glazed Ham Scalloped Potatoes, Key West Blend Veggies —or— Loaded Steak Salad w/ Garlic Toast. Brownie.</p>	<p>Sept 14— Broasted Chicken, Mashed Potatoes, Cream Gravy, Carrots —or— Beef Minute Steak, Steamed Cauliflower. Maraschino Cherry Cake.</p>	<p>Sept 15— Smoked Pork Chop with Rhubarb Sauce, Macaroni & Cheese, Seasoned Green Beans —or— Beef & Noodles, Tomato Slices. Seasoned Fresh Fruit.</p>	<p>Sept 16— Breaded Shrimp Potato Wedges, Creamy Coleslaw, Cornbread —or— BLT Sandwich, Deviled Egg Halves, Potato Chips. Blueberry Cheesecake Dessert.</p>	<p>Sept 17— Sweet & Sour Chicken, Fried Rice, Oriental Vegetables, Egg Roll. —or— Cottage Cheese Fresh Fruit Plate & Crackers Berry Cup.</p>
<p>Sept 18— Chicken Breast Cordon Bleu Italian Roasted Potatoes, Capri Blend Veggies —or— Swiss Steak with Tomatoes, Steamed Cauliflower Cherry Pie.</p>	<p>Sept 19— Cheesy Tortellini, Tossed Vegetable Salad, Garlic Toast —or— Country Fried Steak, Mashed Potatoes, Country Gravy, Key West Blend (Carrots, green bean, peppers) Brownie Bottom Cheesecake.</p>	<p>Sept 20— French Onion Pork Chop, Baked Sweet Potato, Green Beans —or— Poppy Seed Chicken, Malibu Blend Vegetables (Cauliflower, Broccoli, Carrots) Rhubarb Crisp</p>	<p>Sept 21— Savory Roast Beef, Mashed Potatoes, Beef Gravy, Cabbage & Carrots, —or— Cottage Cheese Fresh Fruit Plate With Crackers. Strawberry Shortcake Cake.</p>	<p>Sept 22— Orange Chicken Rice, Egg Roll, Oriental Vegetables —or— Hamburger Steak w/ Gravy, Mashed Potatoes, Diced Beets. Creamy Raspberry Gelatin.</p>	<p>Sept 23— Lemon Pepper Tilapia Filet, Macaroni Corn Bake —or— Baked Ham, English Peas. Sunshine Carrots, Seasonal Fresh Fruit.</p>	<p>Sept 24— Grilled Cheese Burger On Bun w/ Tomato, Lettuce, Onion, Pickle, Ketchup, Mustard. Potato Salad, Baked Beans —or— Creamed Tur- key Biscuit, Lemon Pepper Asparagus Ice Cream.</p>
<p>Sept 25— Sweet & Smokey Ribs, Baked Potato, Sour Cream, Green Beans w/ Bacon —or— Tuna Casserole, Buttered Peas. Strawberry Pie.</p>	<p>Sept 26— Roast Beef, Mashed Potatoes, Beef Gravy, Chuckwagon Corn —or— Baked Pork Chop Sicilian Veggies (Greenbeans, Carrots, Peppers, & Onion) Gelatin Poke Cake .</p>	<p>Sept 27— Classic Meatloaf, Mashed Pota- toes, Beef Gravy, Steamed Broccoli —or— Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes, Gravy, Stewed Tomatoes Turtle Brownie.</p>	<p>Sept 28— Caprese Chicken, Garlic & Basil Pasta, Lemon Pepper Asparagus —or— Cottage Cheese Fresh Fruit Plate. Blueberry Pie Bar.</p>	<p>Sept 29— Roast Turkey, Mashed Potatoes, Turkey Gravy, Green Beans —or— Scalloped Potatoes & Ham, Spinach. Pumpkin Pie with Topping.</p>	<p>Sept 30— Lasagna, Layered Salad, Breadstick —or— Lemon Pepper Cod, Broccoli & Cauliflower. Apple Crisp.</p>	<p>Oct 1— Italian Brown Sugar Chicken, Herb Parmesan Baby Bakers, Cascade Blend Veggies (Carrots, green beans.) —or— Cheeseburger On Bun, Macaroni Salad. Ice Cream Cup.</p>