

**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

## November 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
Oct 30— Pork Roast, Mashed Potatoes, Pork Gravy, Diced Beets —or— Beef Minute Steak, Riviera Vegetables. Peach Pie	Oct 31— Spaghetti & Meatballs, Caesar Salad, Garlic Toast —or— Orange Ginger Salmon, Buttered Peas. Frosted Banana Bar.	Nov 1— Lasagna, Italian Blend Vegetables —or— Swiss Steak with Tomatoes, Mashed Potatoes, Beef Gravy, Garlic Toast, Banana Bread Cake.	Nov 2 — Glazed Meatloaf, Baked Potato with Sour Cream —or— Turkey Stuffing Bake, Cascade Blend Vegetables, Green Beans, Caramel Apple Crisp.	Nov 3— Chicken Piccata, Garden Long Grain & Wild Rice —or— Beef Minute Steak, Broccoli Salad, Parslied Carrots, Vanilla Cheese- cake with Cherry Sauce.	Nov 4— Baked Salmon Filet —or— Poopy Seed Chicken, Steamed Cauliflower, Mini Baker Potatoes, English Pea Salad, Peanut Butter & Jelly Brownie.	Nov 5— Baked Chicken Drumstick, Deviled Egg Potato Salad —or— Cheeseburger w/ Lettuce/Tomato/ Onion, Grandma's Baked Beans Candy Corn, Rainbow Sherbet.
Nov 6— Oven Roast Turkey —or— Korean BBQ Pork Cutlet, Zucchini & Tomatoes Sweet Potatoes, Green Beans, Cherry Pie.	Nov 7— Glazed Meatloaf —or— Lemon Pepper Cod Filet, Broccoli, Baked Potato with Sour Cream, Cascade Blend Vegetables, Cranberry Sauce Gelatin.	Nov 8— Glazed Ham —or— Beef Stew Hashbrown Casserole, Riviera Vegetables, Cheddar Garlic Biscuit, Pineapple Upside Down Cake.	Nov 9— Lasagna —or— Baked Pork Chop, Stewed Tomatoes, Italian Blend Vegetables, Garlic Toast, Banana Split Fluff.	Nov 10— Roast Beef —or— BBQ Chicken Breast, Parslied Cauliflower, Mashed Potatoes, Beef Gravy, Squash, Cranberry Dessert with Cream Cheese Topping.	Nov 11— Orange Ginger Salmon —or— Smoked Sausage Sauted Peppers & Onions, Mini Potato Pancakes, Green Beans, Pumpkin Earthquake.	Nov 12— Swiss Steak with Tomatoes —or— Escalloped Turkey, Creamed Corn, Scalloped Potatoes, Mixed Vegetables, Cake Roll.
Nov 13— Honey Bourbon Ham —or— Poppy Seed Chicken, Broccoli, Baked Sweet Potato, Parslied Cauliflower. Cherry Pie.	Nov 14— BBQ Ribs —or— Hamburger Stroganoff Casserole, Ranch Potato Wedges, Country Style Green Beans, Malibu Blend Vegetables, Cheddar Garlic Biscuit, Caramel Apple Cheesecake Bar.	Nov 15— Country Fried Steak —or— Creamed Turkey Over Biscuit, Mashed Potatoes, Country Gravy, Carrots, Garden Salad Bowl, Sherbet Cup.	Nov 16— Apple Butter Pork Chops —or— Swiss Steak With Tomatoes, Stuffing, Roasted Butternut Squash, Pickled Beets, Snickerdoodle Pumpkin Dessert.	Nov 17— Broasted Chicken, Mashed Potatoes, Chicken Gravy, Corn —or— Scalloped Potatoes & Ham, Zucchini & Tomatoes, Frosted Peach Cake.	Nov 18— Baked Lemon Pepper Tilapia —or— Hamburger Steak with Gravy, Broccoli, Macaroni and Cheese, Riviera Vegetables, Cran-Raspberry Crisp.	Nov 19— Sour Cream Parmesan Chicken —or— Chef Salad,, Baked Potato w/ Sour Cream, Carrots, Mini Swirl Cone.
Nov 20— Roast Beef —or— Rosemary Pork Steak, Mashed Potatoes, Beef Gravy, Cascade Blend Vegetables, Green Beans, Pie.	Nov 21— Pineapple Glazed Ham —or— Baked Pollock Fillet, Baked Sweet Potato, Beets, Parslied Cauliflower, Caramel Apple Graham Dessert.	Nov 22— Ritzy Chicken Divan Casserole —or— Swiss Steak with Tomatoes, Onion Roasted Potatoes, Steamed Cabbage, Tossed Greens with Dressing, Marbled Cherry Pie Cake.	Nov 23— Roast Pork, Mashed Potatoes, Pork Gravy, Brussels Sprouts —or— Thai Beef & Noodles, Vegetable Egg Roll, Sweet & Sour Sauce, Frosted Brownie.	Nov 24— Honey Bourbon BBQ Ribs —or— Tater Tot Casserole, Baked Potato w/ Sour Cream, Green Beans with Bacon,	Nov 25— Breaded Shrimp, Cocktail Sauce, Mini Potato Pan- cakes, Garlic & Herb Riced, Cauliflower —or— BLT Sandwich, Deviled Egg Halves, Multi- Grain Sun Chips, Cheddar Biscuit, Berry Cheesecake.	Nov 26— Chicken Alfredo —or— Baked Ham, Steamed Broccoli, Garlic Breadstick, Key West Blend Vegetables, Chocolate Cake Roll.
Nov 27— Country Fried Steak, Mashed Potatoes, Country Gravy, Steamed Broccoli —or— Herb Baked Chicken, Buttered Peas, Chocolate Cream Pie.	Nov 28— Pork Medallions with Cranberry Cream Sauce —or— Beef & Noodles, Seasoned Cabbage, Parslied Sunshine Carrots, Ice Cream Sandwich.	Nov 29— Lasagna, Italian Blend Vegetables —or— Swiss Steak with Tomatoes, Mashed Potatoes, Beef Gravy, Garlic Toast, Banana Bread Cake.	Nov 30— Glazed Meatloaf, Baked Potato with Sour Cream —or— Turkey Stuffing Bake, Cascade Blend Vegetables, Green Beans, Caramel Apple Crisp.	Dec 1— Chicken Piccata, Garden Long Grain & Wild Rice —or— Beef Minute Steak, Broccoli Salad, Parslied Carrots, Vanilla Cheese- cake with Cherry Sauce.	Dec 2— Baked Salmon Filet —or— Poopy Seed Chicken, Steamed Cauliflower, Mini Baker Potatoes, English Pea Salad, Peanut Butter & Jelly Brownie.	Dec 3— Baked Chicken Drumstick, Deviled Egg Potato Salad —or— Cheeseburger w/ Lettuce/Tomato/ Onion, Grandma's Baked Beans Candy Corn, Rainbow Sherbet.