

**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

## March 2023 DIETARY MENU



**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
Feb 26— Oven Roast Turkey —or— Korean BBQ Pork Cutlet, Zucchini & Tomatoes Sweet Potatoes, Green Beans, Cherry Pie.	Feb 27— Glazed Meatloaf —or— Lemon Pepper Cod Filet, Broccoli, Baked Potato with Sour Cream, Cascade Blend Vegetables, Cranberry Sauce Gelatin.	Feb 28— Glazed Ham —or— Beef Stew Hashbrown Casserole, Riviera Vegetables, Cheddar Garlic Biscuit, Pineapple Upside Down Cake.	Mar 1— Lasagna —or— Baked Pork Chop, Stewed Tomatoes, Italian Blend Vegetables, Garlic Toast, Banana Split Fluff.	Mar 2— Roast Beef —or— BBQ Chicken Breast, Parslied Cauliflower, Mashed Potatoes, Beef Gravy, Squash, Cranberry Dessert with Cream Cheese Topping.	Mar 3— Orange Ginger Salmon —or— Smoked Sausage Sauteed Peppers & Onions, Mini Potato Pancakes, Green Beans, Pumpkin Earthquake.	Mar 4— Swiss Steak with Tomatoes —or— Escalloped Turkey, Creamed Corn, Scalloped Potatoes, Mixed Vegetables, Cake Roll.
Mar 5— Honey Bourbon Ham —or— Poppy Seed Chicken, Broccoli, Baked Sweet Potatoes, Parslied Cauliflower, Roll, Cherry Pie.	Mar 6— BBQ Ribs —or— Hamburger Stroganoff Casse- role, Malibu Vegetables, Pota- to Wedges, Country Style Green Beans, Cheddar Garlic Biscuit, Carmel Apple Cheese- cake Bar.	Mar 7— Country Fried Steak —or— Creamed Turkey over a biscuit, Carrots, Mashed Potatoes, Country Gravy, Garden Salad, Sherbet Cup.	Mar 8— Apple Butter Pork Chops —or— Swiss Steak with Tomatoes, Pickled Beets, Stuffing, Roasted Butternut Squash, Snickerdoodle Pumpkin Dessert.	Mar 9— Broasted Chicken —or— Scalloped Pota- toes with Ham, Zucchini & Tomatoes, Mashed Potatoes, Chicken Gravy, Corn, Frosted Peach Cake.	Mar 10— Baked Lemon Tilapia —or— Hamburger Steak with Gravy, Broccoli, Macaroni and Cheese, Riviera Vegetables, Bread and Margarine, Cran Raspberry Crisp.	Mar 11— Sour Cream Parmesan Chicken —or— Chef Salad, Roll, Baked Po- tato with Margarine and Sour Cream, Carrots, Bread, Mini Swirl Cone.
Mar 12— Roast Beef —or— Rosemary Pork Steak, Green Beans, Mashed Potatoes, Beef Gravy, Cascade Blend Vegetables, Roll/Marg, Peach Pie.	Mar 13— Pineapple Glazed Ham —or— Baked Pollock Fillets, Beets, Baked Sweet Potato, Parslied Cauliflower, Caramel Apple Graham Dessert.	Mar 14— Ritzy Chicken Divan Casserole, —or— Swiss Steak W/ Tomatoes, Steamed Cabbage, Onion Roasted Potatoes, Toss Salad/Dressing, Marbled Cherry Pie, Cake.	Mar 15— Roast Pork —or— Thai Beef & Noodles, Vegetable Egg Roll W/Sweet & Sour Sauce, Mashed Potatoes, Pork Gravy, Brussels Sprouts, Ice Cream Cup.	Mar 16— Honey Bourbon BBQ Ribs —or— Tater Tot Casserole, Beets, Baked Potato, Green Beans W/ Bacon, Roll Orange Gelatin.	Mar 17— Breaded Shrimp Cocktail Sauce —or— BLT Sand- wich, Potato Cakes, Cauli- flower, Biscuit, Deviled Eggs, Chips, Cheesecake	Mar 18— Chicken Alfredo —or— Baked Ham, Key West Blend Vegetables, Steamed Broccoli, Garlic Breadstick, Carrot Cake Roll.
Mar 19— Country Fried Steak —or— Escalloped Turkey, Buttered Peas, Steamed Broccoli, Roll/ Marg, Mashed Potatoes, Country Gravy, Chocolate Cream Pie.	Mar 20— Pork Medallions W/ Cranberry Cream Sauce —or— Beef & Noodles, Parslied Sunshine Carrots, Sweet Potatoes, Seasoned Cabbage, Bread, Ice Cream Sandwich.	Mar 21— Lasagna —or— Swiss Steak W/ Tomatoes, Mashed Potatoes, Beef Gravy, Beets, Italian Blend Vegetables, Garlic Toast, Banana Bread Cake.	Mar 22— Glazed Meatloaf —or— Turkey Stuffing Bake, Cascade Blend Vegetables, Baked Potato/ Marg/Sour Cream, Green Beans, Dinner Roll/Butter, Caramel Apple Crisp.	Mar 23— Cream Sauce W/ Capers Over a Chicken Breast —or— Beef Minute Steak, Broccoli Salad, Chicken Piccata, Garden Long Grain & Wild Rice, Parslied Carrots, Cheesecake.	Mar 24— Baked Salmon Filet —or— Poppy Seed Chicken, Steamed Cauliflower, Mini Baker Potatoes, English Pea Salad, Bread/Marg, Peanut Butter & Jelly Brownie.	Mar 25— Baked Chicken Drumstick —or— Cheeseburger W/ Lettuce/Tomato/ Onion, Grandma's Baked Beans, Deviled Egg Potato Salad, Candy Corn, Bread/Marg, Rainbow Sherbet
Mar 26— Oven Roast Turkey —or— Korean BBQ Pork Cutlet, Zucchini & Tomatoes Sweet Potatoes, Green Beans, Cherry Pie.	Mar 27— Glazed Meatloaf —or— Lemon Pepper Cod Filet, Broccoli, Baked Potato with Sour Cream, Cascade Blend Vegetables, Cranberry Sauce Gelatin.	Mar 28— Glazed Ham —or— Beef Stew Hashbrown Casserole, Riviera Vegetables, Cheddar Garlic Biscuit, Pineapple Upside Down Cake.	Mar 29— Lasagna —or— Baked Pork Chop, Stewed Tomatoes, Italian Blend Vegetables, Garlic Toast, Banana Split Fluff.	Mar 30— Roast Beef —or— BBQ Chicken Breast, Parslied Cauliflower, Mashed Potatoes, Beef Gravy, Squash, Cranberry Dessert with Cream Cheese Topping.	Mar 31— Orange Ginger Salmon —or— Smoked Sausage Sauteed Peppers & Onions, Mini Potato Pancakes, Green Beans, Pumpkin Earthquake.	Apr 1— Swiss Steak with Tomatoes —or— Escalloped Turkey, Creamed Corn, Scalloped Potatoes, Mixed Vegetables, Cake Roll.