

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

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