

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 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 |
|--|---|--|--|--|---|--|
| | | | Nov 1- Swiss Steak/ Tomatoes, Peas, Mashed Potatoes & Gravy —or— Baked Fish, Carrots Bread/Marg, Candy Bar Blondie | Nov 2- Broasted Chicken, Mashed Potatoes & Chicken Gravy, Coleslaw, Bread/ Marg —or— Hamburger on Bun, Lettuce/ Tomato/Onion, Grandma's Baked Beans Cherry Crisp | Nov 3- Battered Fish & Tarter Sauce, Riviera Veggies, Baked Potato w/ Marg/ Sour Cream —or— Glazed Meatloaf, Steamed Cauli- flower Bread/Marg Lemon Bar | Nov 4- Creamy Chicken & Veggies over Biscuit, Garden Salad Bowl —or— Beef Stew, Steamed Broccoli Creamy Gelatin |
| Nov 5- Molasses Glazed Ham, Au Gratin Potatoes, 3 Bean Salad —or— Escalloped Tur- key, Parslied Sunshine Carrots Roll/Marg Banana Cream Pie | Nov 6- Baked Garlic Parmesan Chick- en, Pasta w/ Marinara sauce, Buttered Peas, Garlic Bread —or— Beef & Noodles, Pickled Beets Caramel Brownie | Nov 7- Country Fried Steak, Mashed Potatoes & Coun- try Gravy, Green Beans, Carrots, Red Peppers Mix, Bread/Marg —or— Breaded Fish Fi- let, Tossed Salad & Dressing Ice Cream or | Nov 8- Apricot Glazed Pork Loin, Mini Baker Potatoes, Squash —or— Poppy Seed Chicken, Parslied Carrots Bread/Marg Ambrosia Des- sert | Nov 9- Baked Chicken Drumstick Mashed Potatoes & Chicken Gra- vy, Diced Beets, Bread/Marg —or— Cottage Cheese Fruit Plate, As- sorted Cracks Banana Foster Poke Cake | Nov 10- Breaded Shrimp, Macaroni & Cheese, Creamy Coleslaw —or— Baked Ham, Baked Sweet Po- tato Dinner Roll/ Marg Carrot Cake Roll | Nov 11- Salisbury Steak w/ Mushroom Gravy, Cheesy Hashbrowns, Zucchini & To- matoes —or— BBQ Ribs, Creamed Corn Bread/Marg Ice Cream Sand- wich |
| Nov 12- Roast Beef, Mashed Potatoes & Beef Gravy, Coun- try Trio Veggies, Roll/Marg —or— Poppy Seed Chick- en, Diced Beets Cherry Pie | Nov 13- Glazed Meatloaf, Baked Potato w/ Marg & Sour Cream, Steamed Broccoli, Garlic Bread —or— Baked Lemon Tilapia, Parslied Sunshine Car- rots Chocolate Pea- | Nov 14- Apple Butter Pork Loin, Mashed Sweet Potatoes, Zuc- chini & Toma- toes —or— Chef Salad, Crackers Ice Cream | Nov 15- Country Fried Steak, Mashed Po- tatoes & Country Gravy, Green Beans, Bread/ Marg —or— Tortellini Alfredo w/ Smoked Sausage, Italian Blend Veg- gies, Garlic Toast Banana Sour Cream Bar | Nov 16- Beef Tips w/ Gravy over Mashed Pota- toes, Brussel Sprouts & Crai- sins, Bread/Marg —or— Beef Cube Steak, Stewed Tomatoes Pumpkin Crisp | Nov 17- Breaded Cod Scrod, Garden Blend Rice, Rivi- era Veggies, Bread/Marg —or— Cottage Cheese/ Turkey slice/ Cheese Cubes Cherry Delight | Nov 18- Enchilada Crispito, Shred- ded Lettuce/ Tomato/Sour Cream, Refried Beans, Corn —or— Crispy Onion Scalloped Potatoes & Ham, Roasted Edamame Ice Cream |
| Nov 19- Beef Pot Roast, Mashed Potatoes & Beef Gravy, Green Beans w/Bacon, Roll/Marg —or— Escalloped Tur- key, Squash Coconut Cream Pie | Nov 20- Glazed Meatloaf, Mashed Sweet- Potatoes, Orange Glazed Beets, Bread/Marg —or— Cola Glazed Ham, Steamed Broccoli Lemon Bars | Nov 21- BBQ Ribs, Party Hashbrown Po- tatoe, Chuck- wagon Corn, Bread/Marg —or— Lemon Herb Chicken Breast, Parslied Cauli- flower Ice Cream Sand- | Nov 22- Cranberry Citrus Chicken, Stuffing, Chicken Gravy, Riviera Veggies, Bread/Marg —or— Baked Cod, Steamed Broccoli Coffee Cream Dessert | Nov 23- Turkey, Mashed Potatoes & Gra- vy, Green Bean Casserole or Carrots —or— Ham Pumpkin Pie *Happy Thanksgiving! | Nov 24- Cheesy Tuna Casserole, But- tered Peas, Bread/ Marg —or— Poppyseed Chick- en, Parslied Sun- shine Carrots Pumpkin Praline Bread Puddin | Nov 25- Chicken Alfredo, Broccoli, Garlic Toast —or— Swedish Meat- balls w/ Cream Sauce, Buttered Noodles, Cascade Blend Veggies Red Velvet Cake Roll |
| Nov 26- Orange Dijon Turkey, Stuffing, Green Beans, Roll/Marg —or— Baked Cod, Pickled Beets Pumpkin Pie & Topping | Nov 27- Lasagna, Italian Blend Vegetables, Garlic Toast —or— Crispy Onion Scalloped Pota- toes & Ham, Steamed Broccoli Banana Split Trifle | Nov 28- Maple Balsamic Pork Loin, Baked Sweet Potatoes, Country Trio Veggies, Bread/ Marg —or— Meatballs with Sweet & Sour Sauce, Rice, Asian Blend Veggies, Upside down Raspberry cake | Nov 29- Swiss Steak/ Tomatoes, Peas, Mashed Potatoes & Gravy, Bread/ Marg —or— Baked Fish, Carrots Candy Bar Blondie | Nov 30 Broasted Chicken, Mashed Potatoes & Chicken Gravy, Coleslaw, Bread/ Marg —or— Hamburger on Bun, Lettuce/ Tomato/Onion, Grandma's Baked Beans Cherry Crisp | Dec 1- Battered Fish & Tarter Sauce, Riviera Veggies, Baked Potato w/ Marg/ Sour Cream —or— Glazed Meatloaf, Steamed Cauli- flower, Bread/ Marg Lemon Bar | Dec 2- Creamy Chicken & Veggies over Biscuit, Garden Salad Bowl —or— Beef Stew, Steamed Broccoli Creamy Gelatin |