

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

January 2024 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:
\$8.50/Adults, \$7.00/
Child under 10yrs.
***Guest Sunday &
Holiday Noon/Dinner
Price:** \$11.00/Adults,
\$7.50/Child under 10yrs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 31- Molasses Glazed Ham, Au Gratin Potatoes, 3 Bean Salad —or— Escalloped Tur- key, Parslied Sun- shine Carrots Roll/Marg Banana Cream Pie	Jan 1- Baked Garlic Parmesan Chick- en, Pasta w/ Marinara sauce, Buttered Peas, Garlic Bread —or— Beef & Noodles, Pickled Beets Caramel Brownie	Jan 2- 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	Jan 3- Apricot Glazed Pork Loin, Mini Baker Potatoes, Squash —or— Poppy Seed Chicken, Parslied Carrots Bread/Marg Ambrosia Dessert	Jan 4- Beef Pot Roast, Mashed Potatoes & Beef Gravy, Diced Beets, Bread/Marg —or— Cottage Cheese Fruit Plate, As- sorted Cracks Banana Foster Poke Cake	Jan 5- Breaded Shrimp, Macaroni & Cheese, Creamy Coleslaw —or— Baked Ham, Cascade Blend Veggies Dinner Roll/ Marg Carrot Cake	Jan 6- Salisbury Steak w/ Mushroom Gravy, Cheesy Hashbrowns, Zucchini & To- matoes —or— BBQ Ribs, Creamed Corn Bread/Marg Ice Cream Sand-
Jan 6- Roast Beef, Mashed Pota- toes & Beef Gra- vy, Country Trio Veggies, Roll/ Marg —or— Poppy Seed Chicken, Diced Beets	Jan 7- Glazed Meatloaf Baked Potato/ Marg & Sour Cream, Steamed Broccoli, Garlic Bread —or— Baked Lemon Pepper Tilapia, Parslied Carrots Chocolate Peanut Butter Quake	Jan 8- Apple Butter Pork Loin, Mashed Sweet Potatoes, Zuc- chini & Toma- toes —or— Chef Salad, Crackers Ice Cream	Jan 9- Country Fried Steak, Mashed Potatoes & Coun- try Gravy, Green Beans, Bread/ Marg —or— Tortellini Alfredo w/ Smoked Sau- sage, Italian Blend Veggies, Garlic Toast	Jan 10- Beef Tips w/ Gravy over Mashed Pota- toes, Brussel Sprouts & Crai- sins, Bread/ Marg —or— Beef Cube Steak, Stewed Tomatoes Pumpkin Crisp	Jan 11- Salmon Filet, Garden Long Grain & Wild Rice, Riviera Veggies, Bread/ Marg/ Bread or Roll —or— Cottage Cheese Fruit Plate, Tur- key slices & Cheese Cubes, Ice Cream	Jan 12- Enchilada Crispito, Shred- ded Lettuce/ Tomato/Sour Cream, Refried Beans, —or— Crispy Onion Scalloped Potatoes & Ham , Roasted Edamame Ice Cream
Jan 13- Herbed Pork Loin Mashed Potatoes & Pork Gravy, Green Beans, w/ Bacon, Roll/Marg —or— Escalloped Turkey, Squash Coconut Cream Pie	Jan 14- Glazed Meatloaf, Mashed Sweet- Potatoes, Diced Beets, Bread/ Marg —or— Cola Glazed Ham, Steamed Broccoil Lemon Bars	Jan 15- BBQ Ribs, Party Hashbrown Po- tatoe, Chuck- wagon Corn, Bread/Marg —or— Lemon Herb Chicken Breast, Parslied Cauli- flower Ice Cream Sand- wich	Jan 16- Cranberry Citrus Chicken, Mashed Potatoes & Chick- en Gravy, Riviera Veggies, Bread/ Marg —or— Baked Cod, Steamed Broccoli Coffee Cake Des- sert	Jan 17- Orang Ginger Pork loin, Baked Sweet Potato, Wax Beans w/ Pimento —or— Chef Salad, Breadstick Gingerbread Cake	Jan 18- Cheesy Tuna Casserole, But- tered Peas, Bread/ Marg —or— Poppyseed Chick- en, Parslied Sun- shine Carrots Pumpkin Praline Bread Puddin	Jan 19- Swedish Meat- balls & Cream Sauce, Mashed Potatoes & Gra- vy, Broccoli, Bread/Marg —or— Baked Lemon Pepper Tilapia, Tarter Sauce, Cascade Blend Veggies Red Velvet Cake
Jan 20- Orange Dijon Tur- key, Mini Baker Potato, Green Beans, Roll/Marg —or— Baked Cod, Pickled Beets Apple Pie & Topping	Jan 21- Lasagne, Italian Blend Veggies, Garlic Toast -or- Crispy Onion Scallops, Potatoes & Ham, Steamed Broccoli Banana Split	Jan 22- 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	Jan 23- Swiss Steak/ Tomatoes, Peas, Mashed Potatoes & Gravy, Bread/ Marg —or— Baked Fish, Carrots Candy Bar Blondie	Jan 24- Broasted Chicken, Mashed Potatoes & Chicken Gravy, Coleslaw, Bread/ Marg —or— Hamburger on Bun, Lettuce/ Tomato/Onion, Grandma's Baked Beans Cherry Crisp	Jan 25- Battered Fish & Tarter Sauce, Rivi- era Veggies, Baked Potato w/ Marg/ Sour Cream —or— Glazed Meatloaf, Steamed Cauli- flower, Bread/ Marg Lemon Mousse	Jan 26- Creamy Chicken & Veggies over Biscuit, Garden Salad Bowl —or— Beef Stew, Steamed Broccoli Creamy Gelatin
Jan 27- Molasses Glazed Ham, Au Gratin Potatoes, 3 Bean Salad —or— Escalloped Tur- key, Parslied Sun- shine Carrots Roll/Marg Banana Cream Pie	Jan 28- Baked Garlic Parmesan Chick- en, Pasta w/ Marinara sauce, Buttered Peas, Garlic Bread —or— Beef & Noodles, Pickled Beets Caramel Brownie	Jan 29- 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	Jan 30- Apricot Glazed Pork Loin, Mini Baker Potatoes, Squash —or— Poppy Seed Chicken, Parslied Carrots Bread/Marg Ambrosia Desser	Jan 31- Beef Pot Roast, Mashed Potatoes & Beef Gravy, Diced Beets, Bread/Marg —or— Cottage Cheese Fruit Plate, As- sorted Cracks Banana Foster Poke Cake	Feb 1 Breaded Shrimp, Macaroni & Cheese, Creamy Coleslaw —or— Baked Ham, Cascade Blend Veggies Dinner Roll/ Marg Carrot Cake	Feb 2- Salisbury Steak w/ Mushroom Gravy, Cheesy Hashbrowns, Zucchini & To- matoes —or— BBQ Ribs, Creamed Corn Bread/Marg Ice Cream Sand-