

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 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:






\$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
					March 1- Breaded Shrimp Macaroni & Cheese, Creamy Coleslaw —or— Baked Ham Cascade Blend Vegetables Dinner Roll Carrot Cake Roll	March 2- Salisbury Steak w/ Mushroom Gravy, Cheesy Hashbrowns, Zucchini & Tomatoes —or— BBQ Ribs Creamed Corn Bread Ice cream Sandwich
March 3- Roast Beef Mashed Potatoes Beef Gravy Country Trio Vegetables —or— Poppy Seed Chicken Diced Beets Dinner Roll Cherry Pie	March 4- Glazed Meatloaf Baked Potatoes, Marg/Sour Cream, Steamed Broccoli, Garlic Bread —or— Baked Lemon Pepper Tilapia Parslied, Sunshine Carrots Dinner Roll Chocolate Peanut Butter Quake	March 5- Apple Butter Pork Loin Mashed Sweet Potatoes Zucchini & Tomatoes —or— Chef Salad Crackers Bread Ice Cream	March 6- Country Fried Steak Mashed Potatoes Country Gravy Green Beans —or— Tortellini Chicken Alfredo Italian Blend Veg Garlic Toast Bread Banana Sour Cream Bar	March 7- Beef Tips w/ gravy Mashed Potatoes Brussel Sprouts w/ craisins —or— Beef Cube Steak Stewed tomatoes Bread Pumpkin Crisp	March 8- Salmon Filet Garden Long Grain & Wild Rice Riviera Vegetables —or— Cottage Cheese Fruit Plate/ Turkey Slice & Cheese Cubes Bread Cherry Delight	March 9- Enchilada Crispito Lettuce Tomato Sour Cream Refried beans —or— Crispy Onion Scalloped Potatoes & Ham Roasted Edamame Ice Cream
March 10- Baked Chicken Drumstick Mashed Potatoes Chicken Gravy Green Beans w/ bacon —or— Escalloped Turkey Squash Dinner Roll Coconut Cream Pie	March 11- Glazed Meatloaf Mashed Sweet Potatoes Beets in orange sauce —or— Cola Glazed Ham, Steamed Broccoli Bread Lemon Meringue Pie	March 12- BBQ Ribs Party Hashbrown Potatoes Chuckwagon Corn —or— Lemon Herb Chicken Breast Parslied Cauliflower Bread Ice Cream Sandwich	March 13- Cranberry Citrus Chicken Mashed Potatoes Chicken Gravy Riviera Vegetables —or— Baked Cod Steamed Broccoli Bread Gelatin Poke Cake	March 14- Pork Medallion Steak w/ Sweet Peppers, Baked Sweet Potatoes, Wax Beans w/ Pimento —or— Chef Salad Breadstick Gingerbread Cake	March 15- Cheesy Tuna Casserole Buttered Peas —or— Poppysseed Chicken Parslied Sunshine Carrots Bread Bread Pudding	March 16- Swedish Meat- balls w/cream sauce, Mashed Potatoes, Gravy, Broccoli —or— Baked Lemon Pepper Tilapia Tartar Sauce Cascade Blend Vegetables Red Velvet Cake Roll
March 17- Orange Dijon Turkey Mini Baker Potatoes Green Beans —or— Baked Cod Pickled Beets Dinner Roll Apple Pie	March 18- Lasagna Italian Blend Vegetables Garlic Toast —or— Crispy Onion Scalloped Potatoes & Ham Steamed Broccoli Banana Split Dessert	March 19- Pork Medallion Steak w/ Sweet Peppers, Baked Sweet Potatoes, Creamed Corn —or— Creamy Beef & Rice Casserole Diced Beets Bread Upside Down Raspberry Cake	March 20- Swiss Steak Tomatoes Mashed Potatoes Beef Gravy Peas —or— Baked Fish Carrots Bread Candy Bar Blondie	March 21- Broasted Chicken Mashed Potatoes Chicken Gravy Chuckwagon Corn —or— Hamburger Steak Grandma's Baked Beans Bread Cherry Crisp	March 22- Battered Fish Tatar Sauce Baked Potato/Sour Cream/Margarine Riviera Vegetables -or— Glazed Meatloaf Steamed Cauliflower Bread Lemon Meringue Pie	March 23- Creamy Chicken & Vegetables Over Biscuit Garden Salad Bowl —or— Beef Stew Steamed Broccoli Creamy Gelatin
March 24- Molasses Glazed Ham, Au Gratin Potatoes 3 Bean Salad —or— Escalloped Turkey Parslied Sunshine Carrots Dinner Roll Banana Cream Pie March 31- Roast Beef, Mashed Potatoes Beef Gravy Country Trio Vegetables —or— Poppy Seed Chicken Diced Beets Dinner Roll Cherry Pie	March 25- Baked Garlic Parmesan Chicken Pasta w/ Marinara Sauce Buttered Peas Garlic Bread -or- Beef & Noodles Pickled Beets Caramel Brownie	March 26- Country Fried Steak Mashed Potatoes Country Gravy Key West Veg —or— Breaded Fish Filet, Toss Salad & Dressing Bread Ice Cream or Sherbert	March 27- Apricot Glazed Pork Loin Mini Baker Potatoes Squash —or— Poppy Seed Chicken Parslied Carrots Bread Ambrosia Dessert	March 28- Baked Chicken Drumstick Mashed Potatoes Chicken Gravy Diced Beets —or— Cottage Cheese Fruit Plate, Assorted Crackers Bread Banana Foster Poke Cake	March 29- Breaded shrimp Macaroni & Cheese, Creamy Coleslaw —or— Baked Ham Cascade Blend Vegetables Dinner Roll Carrot Cake Roll	March 30- Salisbury Steak w/ Mushroom Gravy, Cheesy Hashbrowns, Zucchini & Tomatoes —or— BBQ Ribs Creamed Corn Bread Ice Cream Sandwich