

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.

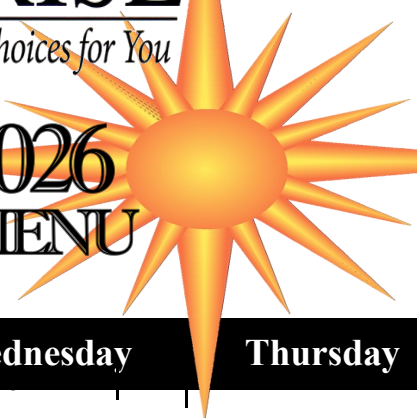


SUNRISE

Senior Living Choices for You

October 2026

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:
\$11.00/Adults, \$8.00/
Child under 10yrs.
***Guest Sunday &
Holiday Noon/Dinner
Price:** \$16.00/Adults,
\$10.00/Child under

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Oct. 1 GRILLED MARINATED CHICKEN GARDEN LONG GRAIN & WILD RICE —or— KEY WEST BLEND VEGETABLES —or— HAMBURGER STEAK W/ GRAVY DICED BEETS AMBROSIA CAKE	Oct. 2 HONEY BUTTER BISCUIT POLLOCK MINI BAKER POTATOES BROCCOLI —or— HAM W/ PINEAPPLE CHUTNEY GREEN BEANS W/ BACON PEANUT BUTTER CRISPY BAR	Oct. 3 WESTERN BURGER POTATO SALAD GRANDMA'S BAKED BEANS —or— COTTAGE CHEESE FRESH FRUIT PLATE CRACKERS ICE CREAM
Oct. 4 APPLEWOOD SMOKED BACON BBQ RIBS ROASTED SWEET POTATOES CORN CASSEROLE —or— CHICKEN STIR FRY W/ VEGETABLES RICE BANANA CREAM PIE	Oct. 5 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY HONEY BUTTERED CARROTS —or— TACO SALAD SOUR CREAM SALSA CHERRY CHOCOLATE CAKE	Oct. 6 SUMMER CITRUS CHICKEN SEASONED ORZO SPINACH SALAD W/ DRESSING —or— PEPPER STEAK STEAMED BROCCOLI LEMON LIME CAKE	Oct. 7 LASAGNA GREEN BEANS GARLIC TOAST —or— SMOTHERED PORK STEAK CALIFORNIA BLEND VEGETABLES BLUEBERRY CRISP	Oct. 8 MEATLOAF POTATO CASSEROLE MALIBU BLEND VEGETABLES —or— SWEDISH MEATBALLS DICED BEETS CHEESECAKE W/ STRAWBERRY SAUCE	Oct. . 9 BREADED SHRIMP COCKTAIL SAUCE HERB PARMESAN BABY BAKERS RIVIERA VEGETABLES —or— BEEF & NOODLES BROCCOLI & CAULIFLOWER COOKIES & CREAM BROWNIE	Oct. 10 BAKED HAM AU GRATIN POTATOES COUNTRY STYLE LIMA BEANS —or— CHEESEBURGER ON BUN WITH LETTUCE/ TOMATO MACARONI SALAD ICE CREAM SANDWICH
Oct. 11 ROAST TURKEY MASHED POTATOES TURKEY GRAVY CASCADE BLEND VEGETABLES —or— BEEF CUBE STEAK PICKLED BEETS ROLL/MARG PIE	Oct. 12 GARLIC PARMESAN BAKED CHICKEN PASTA W/ MARINARA SAUCE TOSS SALAD/ DRESSING GARLIC TOAST —or— ROSEMARY PORK STEAK BUTTERED PEAS BANANA POKE CAKE	Oct. 13 GLAZED HAM DIJON SCALLOPED POTATOES CARROTS —or— POPPY SEED CHICKEN PARSLIED CAULIFLOWER CHOCOLATE CREAM PIE	Oct. 14 BEEF POT ROAST MASHED POTATOES BEEF GRAVY STEAMED CABBAGE —or— BAKED COD CORN CHERRY BAR	Oct. 15 BROWN SUGAR BOURBON PORK TENDERLOIN MASHED SWEET POTATOES GREEN BEANS W/ BACON —or— BBQ CHICKEN MIXED VEGETABLES DINNER ROLL/ MARG ICE CREAM	Oct. 16 BAKED SALMON FILET HERB PARMESAN BABY BAKERS KEY WEST BLEND VEGETABLES -or— SALISBURY STEAK W/ MUSHROOM GRAVY BRUSSELS SPROUTS LEMON FLUFF	Oct. 17 RANCH CHICKEN BAKED YAM DICED BEETS —or— BLT SANDWICH DEVILED EGG HALVES STRAWBERRY ANGEL CAKE
Oct. 18 CLASSIC MEAT- LOAF MASHED POTATOES BEEF GRAVY RIVIERA VEGETABLES —or— PORK STEAK SQUASH W/ BROWN SUGAR PIE	Oct. 19 SWISS STEAK W/ TOMATOES MINI BAKER POTATOES STEAMED BROCCOLI —or— NACHO CHICKEN SHREDDED LETTUCE/ TOMATO CHUCKWAGON CORN FROSTED MARBLE CAKE	Oct. 20 BEEF POT ROAST MASHED POTATOES BEEF GRAVY SUNSHINE CARROTS —or— BAKED HAM KEY WEST BLEND VEGETABLES STRAWBERRY KUCHEN RHUBARB BAR	Oct. 21 BBQ RIBS POTATO SALAD GRANDMA'S BAKED BEANS —or— ITALIAN PASTA BAKE PARSLIED CAULIFLOWER GARLIC TOAST HOMESTYLE PEACH COBBLER	Oct. 22 BROASTED CHICKEN SWEET POTATO PUFF CASSEROLE CASCADE BLEND VEGETABLES —or— BEEF & NOODLES TOMATO SLICES TAPIOCA STRAWBERRY DESSERT	Oct. 23 BAKED COD PARMESAN ORZO PASTA LEMON BROCCOLI DINNER ROLL/ BUTTER —or— BLT SANDWICH DEVILED EGG HALVES BROWNIE W/ CHOC CREAM CHEESE FROSTING	Oct. 24 ROAST TURKEY STUFFING TURKEY GRAVY CARROTS —or— BEEF FAJITA SALAD CORN MUFFIN CHERRY GELATIN DESSERT
Oct. 25 ROAST BEEF MASHED POTATOES BEEF GRAVY PARSLIED CAULIFLOWER —or— GRILLED MARINATED CHICKEN GREEN BEANS W/ BACON ROLL/MARG PIE	Oct. 26 SALISBURY STEAK MASHED POTATOES BEEF GRAVY MALIBU BLEND VEGETABLES —or— HICKORY CHICKEN SALAD COLD PLATE CUCUMBER/ TOMATO SLICES CRACKERS CHOCOLATE PEANUT BUTTER CAKE ROLL	Oct. 27 LASAGNA BROCCOLI GARLIC TOAST —or— PUB BATTERED FISH TARTAR SAUCE CASCADE BLEND VEGETABLES BLUEBERRY DESSERT	Oct. 28 CLASSIC MEATLOAF CHEDDAR RANCH SCALLOPED POTATOES ORANGE GLAZED CARROTS —or— HOT DOG ON BUN GRANDMA'S BAKED BEANS CLASSIC STRAWBERRY SHORTCAKE	Oct. 29 BAKED CHICKEN DRUMSTICK POTATO WEDGES COLESLAW —or— COLA GLAZED HAM ROASTED BUTTERNUT SQUASH SHERBET	Oct. 30 LEMON DILL TILAPIA BAKED POTATO/ MARG/SOUR CREAM SCANDINAVIAN VEGETABLES —or— HAMBURGER STEAK W/ GRAVY BRUSSELS SPROUTS BANANA PUDDING DESSERT	Oct. 31 COUNTRY FRIED STEAK MASHED POTATOES CREAM GRAVY CORN —or— BEEF & VEGETABLE STIR FRY RICE GELATIN POKE CAKE