

Sunrise Spring/Summer Menu: Canada

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 21, Apr 25, May 30, July 4, Aug 8, Sept 12	Mar 22, Apr 26, May 31, July 5, Aug 9, Sept 13	Mar 23, Apr 27, June 1, July 6, Aug 10, Sept 14	Mar 24, Apr 28, June 2, July 7, Aug 11, Sept 15	Mar 25, Apr 29, June 3, July 8, Aug 12, Sept 16	Mar 26, Apr 30, June 4, July 9, Aug 13, Sept 17	Mar 27, May 1, June 5, July 10, Aug 14, Sept 18
Breakfast						
Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Western Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Au Gratin Hash Browns Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Scrambled Egg Casserole Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
Lunch						
*After lunch snacks available daily.						
Salad Greens Cream of Tomato Soup Stuffed Zucchini Boats Roasted Potato Wedges Sandwich of the Day Chicken Caesar Salad Angel Food Cake & Berries NSA Angel Food Cake	Tossed Garden Salad Potato Leek Soup Marinated Chicken Kebabs Herbed Orzo Pilaf Grilled Peppers Sandwich of the Day Baked Salmon on Greens Pineapple Upside Down Cake NSA Baked Pineapple	Chopped Salad Lentil Soup Swedish Meatballs Buttered Noodles Sautéed Mushrooms Sandwich of the Day Fruit & Cottage Cheese Banana Bread SF Banana Cake	Caesar Salad Chicken Noodle Soup Baked Cod Chive Butter Red Potatoes Zucchini & Cherry Tomato Sandwich of the Day Classic Cobb Salad Honey Vanilla Pudding RS Vanilla Pudding	Greek Salad Tuscan Bean Soup Rigatoni Pasta with Sausage & Broccoli Sandwich of the Day Chicken Salad & Fruit Mocha Mousse SF Cappuccino Mousse	Grilled Peach Salad Garden Vegetable Soup Crispy Chicken Tenders with Honey Mustard Sauce Baked Oven Fries Cole Slaw Sandwich of the Day Chef's Salad Cherries Jubilee RS Carrot Cake	Carrot Raisin Salad Cream of Mushroom Soup Quiche Lorraine Lemon-Herb Red Potatoes Side Salad Sandwich of the Day Steak & Blue Cheese Salad Raspberry Jam Bar NSA Baked Apples à la Mode
Dinner						
*After dinner snacks available daily.						
Salad Greens Soup of the Day Baked Honey Ham Au Gratin Potatoes Steamed Broccoli Sandwich of the Day Chicken Caesar Salad Peach Cobbler NSA Angel Food Cake	Tossed Garden Salad Split Pea Soup BBQ Beef Brisket Mashed Potatoes Creamed Spinach Sandwich of the Day Baked Salmon on Greens Boston Cream Pie NSA Baked Pineapple	Chopped Salad Corn Chowder Chef's Special Sandwich of the Day Fruit & Cottage Cheese Dessert of the Day SF Banana Cake	Caesar Salad Italian Wedding Soup Chicken Cacciatore Creamy Polenta Steamed Vegetables Sandwich of the Day Classic Cobb Salad Blueberry Cake RS Vanilla Pudding	Greek Salad Soup of the Day Glazed Meatloaf Mashed Potatoes Seasoned Peas Sandwich of the Day Chicken Salad & Fruit Caramel Cake SF Cappuccino Mousse	Grilled Peach Salad Cream of Cauliflower Soup Catch of the Day Sandwich of the Day Chef's Salad Carrot Cake RS Carrot Cake	Carrot Raisin Salad Sweet Potato Bisque Roast Turkey & Gravy with Cranberry Sauce Traditional Stuffing Green Beans Almandine Sandwich of the Day Steak & Blue Cheese Salad Apple Pie NSA Baked Apples à la Mode

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Mar 28, May 2, June 6, July 11, Aug 15, Sept 19	Mar 29, May 3, June 7, July 12, Aug 16, Sept 20	Mar 30, May 4, June 8, July 13, Aug 17, Sept 21	Mar 31, May 5, June 9, July 14, Aug 18, Sept 22	Apr 1, May 6, June 10, July 15, Aug 19, Sept 23	Apr 2, May 7, June 11, July 16, Aug 20, Sept 24	Apr 3, May 8, June 12, July 17, Aug 21, Sept 25
Breakfast						
Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Ham & Cheese Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Cinnamon Roll Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Scrambled Egg Casserole Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
Lunch						
*After lunch snacks available daily.						
Salad Greens Chicken Tortilla Soup Baked Salmon Lemon Rice Ratatouille Sandwich of the Day Turkey Cranberry Salad Peach Melba NSA Peach Melba	Wedge Salad Succotash Soup Grilled Caesar Chicken Pesto Penne Pasta Steamed Vegetables Sandwich of the Day Greek Salad with Shrimp Root Beer Float RS Chocolate Cream Pie	Lettuce & Tomato Salad Turkey Noodle Soup Pepperoni Pizza Side Salad Sandwich of the Day Mediterranean Chicken Salad Blonde Brownie Sundae NSA Blonde Brownie Sundae	Caesar Salad Navy Bean Soup Roasted Vegetable Lasagna Roasted Carrots Sandwich of the Day BLT Salad Cream Puff RS Frosted Cherry Cake	Spinach Strawberry Salad Summer Squash Bisque Classic Crab Cake with Tartar Sauce Baked Sweet Potato Fries Cole Slaw Sandwich of the Day Egg Salad Plate Lemon Cream Parfait SF Lemon Mousse	Orange Almond Salad Clam Chowder Stuffed Peppers Roasted Potato Wedges Sandwich of the Day Harvest Chicken Salad Coconut Cream Squares SF Piña Colada Cake	Tossed Garden Salad Cream of Broccoli Soup Braised Chicken Maple Sweet Potatoes Sautéed Spinach Sandwich of the Day Tuna Salad Plate Blueberry Cobbler NSA Blueberry Crisp
Dinner						
*After dinner snacks available daily.						
Salad Greens Soup of the Day Beef & Mushroom Stew Sandwich of the Day Turkey Cranberry Salad Cinnamon Streusel Cake NSA Peach Melba	Wedge Salad Cream of Carrot Soup Pork Schnitzel with Dill Applesauce Potato Pancakes Braised Red Cabbage Sandwich of the Day Greek Salad with Shrimp Chocolate Cream Pie RS Chocolate Cream Pie	Lettuce & Tomato Salad Mushroom Barley Soup Chef's Special Sandwich of the Day Mediterranean Chicken Salad Dessert of the Day NSA Blonde Brownie Sundae	Caesar Salad French Onion Soup Sirloin of Beef Au Jus Baked Potato & Sour Cream Steamed Broccoli Sandwich of the Day BLT Salad Black Forest Cake RS Frosted Cherry Cake	Spinach Strawberry Salad Soup of the Day Honey BBQ Chicken Macaroni & Cheese Grilled Vegetables Sandwich of the Day Egg Salad Plate Chocolate Chip Cookie Bar SF Lemon Mousse	Orange Almond Salad Tomato Basil Soup Catch of the Day Sandwich of the Day Harvest Chicken Salad Frosted Chocolate Cake SF Piña Colada Cake	Tossed Garden Salad Minestrone Soup Spaghetti & Meatballs Green Beans Sandwich of the Day Tuna Salad Plate Caramel Cheesecake NSA Blueberry Crisp

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Apr 4, May 9, June 13, July 18, Aug 22	Apr 5, May 10, June 14, July 19, Aug 23	Apr 6, May 11, June 15, July 20, Aug 24	Apr 7, May 12, June 16, July 21, Aug 25	Apr 8, May 13, June 17, July 22, Aug 26	Apr 9, May 14, June 18, July 23, Aug 27	Apr 10, May 15, June 19, July 24, Aug 28
Breakfast						
Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Biscuits Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Au Gratin Hash Browns Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
Lunch						
*After lunch snacks available daily.						
Salad Greens with Orange Zuppa Toscana Soup Garden Vegetable Quiche Herbed Couscous Broiled Tomato Slices Sandwich of the Day Steak Caesar Salad Chocolate Éclair Torte RS Chocolate Vanilla Pudding Parfait	Chopped Salad Vegetarian Chili Chicken Pot Pie Herbed Green Beans Sandwich of the Day Wedge Salad Ambrosia Salad Fruit Salad	Greek Salad Garden Vegetable Soup Maple Glazed Ham Sweet Potato Casserole Collard Greens Sandwich of the Day Turkey Waldorf Salad Cherry Pie NSA Cherry Pie	Spinach Mushroom Salad Cream of Tomato Soup Shrimp Scampi Angel Hair Pasta with Garlic Herb Butter Steamed Broccoli Sandwich of the Day Chicken Salad & Fruit Lemon Bar RS Red Velvet Cake	Balsamic, Tomato, & Onion Salad Corn Chowder BBQ Pulled Pork Baked Beans Cole Slaw Sandwich of the Day Tuna Niçoise Salad Peach Crumble Nut Cake NSA Baked Apples à la Mode	Mediterranean Salad Pasta e Fagioli Soup Baked Ziti Pasta & Meat Sauce Italian Vegetable Medley Sandwich of the Day Fruit & Cottage Cheese Creamy Rice Pudding RS Tapioca Pudding	Lettuce & Tomato Salad Split Pea Soup Lemon Herb Chicken Wild Rice Blend Steamed Asparagus Sandwich of the Day Antipasto Salad Wild Cherry Cake RS Pumpkin Cheesecake
Dinner						
*After dinner snacks available daily.						
Salad Greens with Orange Soup of the Day Baked Salmon Roasted New Potatoes Grilled Vegetables Sandwich of the Day Steak Caesar Salad Strawberry Shortcake RS Chocolate Vanilla Pudding Parfait	Chopped Salad Mushroom Bisque Beef Stroganoff Buttered Noodles Dill Carrots Sandwich of the Day Wedge Salad German Chocolate Cake Fruit Salad	Greek Salad Tuscan Potato Soup Chef's Special Sandwich of the Day Turkey Waldorf Salad Dessert of the Day NSA Cherry Pie	Spinach Mushroom Salad Lentil Soup Salisbury Steak Garlic Mashed Potatoes Seasoned Peas Sandwich of the Day Chicken Salad & Fruit Red Velvet Cake RS Red Velvet Cake	Balsamic, Tomato, & Onion Salad Soup of the Day Rosemary Roast Chicken Fingerling Potatoes Roasted Brussels Sprouts Sandwich of the Day Tuna Niçoise Salad Baked Apples à la Mode NSA Baked Apples à la Mode	Mediterranean Salad Chicken Rice Soup Catch of the Day Sandwich of the Day Fruit & Cottage Cheese Raspberry Crumb Bar RS Tapioca Pudding	Lettuce & Tomato Salad Cauliflower, Cheese, & Potato Soup Herb Roasted Pork Tenderloin Twice Baked Potato Green Beans Sandwich of the Day Antipasto Salad Frosted Pumpkin Bar RS Pumpkin Cheesecake

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Breakfast						
Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Western Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Cinnamon Roll Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Scrambled Egg Casserole Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
Lunch						
*After lunch snacks available daily.						
Tossed Garden Salad Tomato Soup with Couscous Oven Fried Fish & Chips Cole Slaw Sandwich of the Day Chef's Salad Strawberry Cream Pie RS Frosted Lemon Cake	Cranberry Almond Salad French Onion Soup Beef Chili Baked Potato with Broccoli & Cheese Sandwich of the Day Greek Salad with Shrimp Peanut Butter Bar NSA Apple Pie	Caesar Salad Minestrone Soup Eggplant Parmesan Spaghetti & Marinara Sauce Sandwich of the Day Deli Salad Trio Tiramisu Trifle RS Vanilla Pudding Parfait	Salad Greens Broccoli Cheese Soup Pan Seared Salmon Cake with Tartar Sauce Buttered New Potatoes Steamed Vegetables Sandwich of the Day Classic Cobb Salad Fruit Pie RS Coconut Cake	Lettuce & Tomato Salad Manhattan Clam Chowder Chicken Milanese Rosemary Red Potatoes Roasted Beets Sandwich of the Day Caprese Salad Plate Lemon Cream Cake NSA Blonde Brownie	Spinach Salad & Egg Tuscan Bean Soup Shepherd's Pie Roasted Parsnips Sandwich of the Day Cranberry Chicken Salad Vanilla Cream Pie RS Sunburst Orange Cake	Salad Greens with Orange Cream of Potato Soup Chicken Quesadillas Sour Cream Pico de Gallo Sandwich of the Day Salmon Avocado Salad Tres Leches Cake RS Cheesecake
Dinner						
*After dinner snacks available daily.						
Tossed Garden Salad Soup of the Day Chicken Cordon Bleu Roasted New Potatoes Sautéed Spinach Sandwich of the Day Chef's Salad Lemon Poppy Seed Cake RS Frosted Lemon Cake	Cranberry Almond Salad Butternut Squash Soup Orange Glazed Turkey Wild Rice & Cranberry Salad Roasted Cauliflower Sandwich of the Day Greek Salad with Shrimp Apple Pie NSA Apple Pie	Caesar Salad Carrot & Ginger Soup Chef's Special Sandwich of the Day Deli Salad Trio Dessert of the Day RS Vanilla Pudding Parfait	Salad Greens Tomato Barley Soup Corned Beef Boiled Potatoes Parslied Carrots Seasoned Cabbage Sandwich of the Day Classic Cobb Salad Coconut Cake RS Coconut Cake	Lettuce & Tomato Salad Soup of the Day Asian BBQ Pork Tenderloin Scallion Rice Baby Bok Choy Sandwich of the Day Caprese Salad Plate Blonde Brownie NSA Blonde Brownie	Spinach Salad & Egg Chicken Noodle Soup Catch of the Day Sandwich of the Day Cranberry Chicken Salad Orange Chiffon Cake RS Sunburst Orange Cake	Salad Greens with Orange Mediterranean Vegetable Soup Meat Lasagna Steamed Broccoli Sandwich of the Day Salmon Avocado Salad Cheesecake RS Cheesecake

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Apr 18, May 23, June 27, Aug 1, Sept 5	Apr 19, May 24, June 28, Aug 2, Sept 6	Apr 20, May 25, June 29, Aug 3, Sept 7	Apr 21, May 26, June 30, Aug 4, Sept 8	Apr 22, May 27, July 1, Aug 5, Sept 9	Apr 23, May 28, July 2, Aug 6, Sept 10	Apr 24, May 29, July 3, Aug 7, Sept 11
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Breakfast

Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Ham & Cheese Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Biscuits Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Ham Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Scrambled Egg Casserole Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
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Lunch *After lunch snacks available daily.

Tossed Garden Salad Tomato Basil Soup	Mediterranean Salad White Bean Soup	Chopped Salad Southwestern Corn Soup	Spinach Parmesan Salad Chicken Vegetable Soup	Salad Greens Beef Noodle Soup	Wedge Salad Black Bean Soup	Lettuce & Tomato Salad Seafood Bisque
Vegetable Calzone with Sauce	Chicken Piccata Angel Hair Pasta with Garlic Herb Butter Grilled Peppers	Cheese Pizza Side Salad	Cornbread Crusted Fish Sweet Potato Wedges Grilled Vegetables	Turkey Pot Pie Lemon Butter Broccoli	Orange Beef Brown Rice Stir Fried Vegetables	Lemon Herb Chicken Herbed Couscous Succotash
Sandwich of the Day Harvest Turkey Salad	Sandwich of the Day Tuna Salad Plate	Sandwich of the Day Beet, Apple, & Chicken Salad	Sandwich of the Day Egg Salad Stuffed Tomato	Sandwich of the Day BLT Salad	Sandwich of the Day Grilled Chicken Salad	Sandwich of the Day Beef Taco Salad
Coconut Custard Pie NSA Cherries Jubilee	Chocolate Pudding Parfait RS Chocolate Frosted Yellow Cake	Homemade Ice Cream Sandwich NSA Ice Cream Pie	Banana Cream Pie NSA Strawberries & Cream	Brownie SF Pound Cake	Applesauce Cake NSA Apple Crisp	Frosted Chocolate Cake RS Frosted Chocolate Cake

Dinner *After dinner snacks available daily.

Tossed Garden Salad Soup of the Day	Mediterranean Salad Cream of Broccoli Soup	Chopped Salad Roasted Red Pepper Soup	Spinach Parmesan Salad Loaded Baked Potato Soup	Salad Greens Soup of the Day	Wedge Salad Chicken Orzo Soup	Lettuce & Tomato Salad Hungarian Mushroom Soup
Shrimp Stuffed Tilapia Rice Pilaf Steamed Zucchini	Sherry Beef Tips Garlic Mashed Potatoes Sautéed Spinach	Chef's Special	Oven Fried Chicken Macaroni & Cheese Green Bean Casserole	Cheese Ravioli & Marinara Sauce Italian Vegetable Medley	Catch of the Day	Pork Tenderloin Diane Whipped Red Potatoes Braised Greens
Sandwich of the Day Harvest Turkey Salad	Sandwich of the Day Tuna Salad Plate	Sandwich of the Day Beet, Apple, & Chicken Salad	Sandwich of the Day Egg Salad Stuffed Tomato	Sandwich of the Day BLT Salad	Sandwich of the Day Grilled Chicken Salad	Sandwich of the Day Beef Taco Salad
Jelly Roll NSA Cherries Jubilee	Frosted Marble Cake RS Chocolate Frosted Yellow Cake	Dessert of the Day NSA Ice Cream Pie	Strawberries & Cream NSA Strawberries & Cream	Lemon Pound Cake SF Pound Cake	Cherry Cheesecake Bar NSA Apple Crisp	Cinnamon Bread Pudding RS Frosted Chocolate Cake