



Look Forward to Every Meal

Every meal at Sunrise gives you the chance to enjoy flavorful, homemade dishes as you connect with good friends. Our dining program is:

- **Diverse:** We start with six different themed menu plans based on community favorites, including regionally influenced dishes, global cuisine, and comfort foods.
- **Flavorful:** No pre-packaged meals—our experienced chefs prepare delicious, homemade meals on-site.
- **Holistic:** Our dedicated care team reviews your medication and dietary needs on a regular basis and adjusts your meals accordingly.
- **Fresh:** Great meals begin with great ingredients. Whether it's avocados from California or oranges from Florida, our chefs incorporate the freshest ingredients into every meal.
- **Engaging:** Meals are served in an inviting dining room that encourages conversation. You can also use our private dining area to celebrate special occasions with friends.

DISHES MADE JUST FOR YOU

Our Tableside Dining program uses cutting-edge tablet technology that marries individual dietary needs and preferences with our menus. Tableside Dining allows us to:

Know your unique dining preferences at the time of service, including your favorite and least favorite foods.

Place orders to the kitchen in real-time, allowing team members to spend more time with you in the dining room.

Have each menu item description and ingredient list at our fingertips to help you make informed dining choices.

Visit SunriseSeniorLiving.com/Dining to see what's cooking.

Catering to Your Dietary Needs

At Sunrise, our community chefs prepare delicious and nutritious meals fresh each day, with your health and wellness in mind.

We offer a wide variety of modifications that address the following dietary needs:



Alzheimer's & Other Forms of Dementia: We serve meals on **Fiestaware dinnerware**, which is shown to stimulate appetite and increase consumption of meals.*



Diabetes: We help residents manage blood sugar through lifestyle and dietary choices, including **consistent carbohydrate diet** and support for **doctor-prescribed diabetic diet plans**.



Dysphagia: Residents who have difficulty swallowing will benefit from our texture modified diets, such as **thickened liquids, mechanical soft, and pureed foods**.



Weight Loss & Malnutrition: For residents with weight loss and malnutrition concerns, we take a “food first” approach to **fortified diets**.



High Blood Pressure: Fluid buildup due to sodium can increase blood pressure—our **no added salt diet** helps residents limit sodium intake.



Occupational Challenges: To make mealtimes relaxing and enjoyable for residents, we offer **adaptive dining equipment** and a variety of **finger foods**.

If you have any questions or want to discuss additional considerations to help meet your needs, please speak to a Sunrise care coordinator.

*“Visual contrast enhances food and liquid intake in advanced Alzheimer's disease.”
Dunne, Trace E. et al., *Clinical Nutrition*, Volume 23, Issue 4, 533-538