

# *Chaparral Winds*

Retirement Community

~ Menu ~

## *Soups*

Split Pea & Ham

## *Salads*

Sweet Spring Mix, or  
Delicious Salad Bar with  
Several Options

## *Entrées*

Beef Stroganoff over Buttered  
Egg Noodles, or  
Chicken Cordon Bleu

## *Accompaniments*

Herb Roasted Red Potatoes,  
Snowflake Potatoes,  
Capri Vegetable Blend, or  
Zucchini Sautee

## *Dessert*

Strawberry Mousse Tart

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## *Everyday Selections*

Ham & Turkey Sandwich  
Grilled Cheese Sandwich  
Cheese / Western Omelet  
Grilled Sirloin Burger  
Poached Salmon  
Char Broiled Sirloin Steak  
Seared Chicken Breast  
Fruit Plate with Yogurt  
Chef Salad

## *Desserts*

Ice Cream Flavors of the Month:  
Pralines & Cream,  
Vanilla, Chocolate, or  
Strawberry

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Sugar Free Vanilla Ice Cream,  
Sherbet, or Yogurt with Fruit

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Fresh Baked Cookies