

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