

*Chaparral Winds*  
Retirement Community

~ Menu ~

*Soups*

Split Pea & Ham

*Salads*

Freshly Made Salad  
with your choice of  
Dressing

*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  
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