

# *Sedona Winds*

*Retirement Community*

~ Sample Menu ~

## *Beverages*

Iced Tea, Orange, V8, Cranberry & Apple  
Juice, Lemonade, Milk & Coffee

## *Fruits*

Prunes or Mixed Fruit

## *Soups*

Cream of Onion w/Cheddar Cheese &  
White Bean w/Ham

## *Salads*

Garden Salad or Baby Greens Salad  
(Dressings: Ranch, Golden Italian, French,  
Thousand Island, Blue Cheese, Poppy Seed & Honey  
Mustard, Fat Free Italian & Ranch)

## *Entrées*

Grilled Salmon w/Thyme Butter & Oven  
Baked Italian Chicken Filet w/Marinara  
Sauce

## *Side Dishes*

White Rice w/Vegetables, Steamed Beets,  
Steamed Fresh Vegetables, Fettuccine  
Pasta w/Olive Oil

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## *Weekly Specials*

Mushroom Burger w/Swiss  
Cheese & Chips

## *Everyday Selections*

Organic Brown Rice  
Grilled Cheese Sandwich  
Scrambled Eggs and Sausage  
Grilled Sirloin Burger  
Grilled Garden Burger  
Grilled Turkey Burger  
Grilled Tender Chicken Filet  
Cottage Cheese  
Apple Sauce (no added sugar)  
Apple Sauce (with sugar)

## *Deserts*

~ Ice Cream Flavor of the Month ~

### **"Rocky Road"**

Vanilla, Chocolate, Strawberry, &  
Sugar Free Vanilla Ice Cream  
Sherbet, or Yogurt with Fruit  
Fresh Baked Cookies  
Blueberry Pie  
Sugar Free Vanilla Pudding