

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

Sedona Winds

Retirement Community

~ Sample Menu ~

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