

CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

August 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MENU ALTERNATIVES

Hamburger
 Chicken Salad
 Plain Omelet
 Fruit & Cottage Cheese Platter
 Assorted Sandwiches including
 Tuna Salad, Turkey, Ham,
 Peanut Butter & Jelly
 Grilled Chicken Breast

THE MONTH OF AUGUST IS...

Admit You're Happy Month	National Catfish Month
American Adventures Month	National Crayon Collection Month
Black Business Month	National Eye Exam Month
Family Fun Month	National Golf Month
Dog Days of Summer	National Immunization Awareness Month
Get Ready for Kindergarten Month	National Peach Month
Happiness Happens Month	National Picnic Month
International Peace Month	Romance Awareness Month
MedicAlert Awareness Month	Water Quality Month
National Back to School Month	What Will be Your Legacy Month

5 BREAKFAST
 Oatmeal, Bagel Blast, Lettuce, Tomato
 Cucumber, Capers
LUNCH
 Turkey Rice Soup
 Pepperoni or Cheese Pizza
 Side of Mixed Green Salad
 Sunday Sundae
DINNER
 Beef Cabbage Roll
 Side of Spaghetti Squash
 Yellow Cake w/Chocolate Frosting

6 BREAKFAST
 Oatmeal, Fresh Pancakes
 Choice of Eggs, Meat, and Fruit
LUNCH
 Potato Leek Soup
 Spinach Salad with Grilled Salmon
 Tiramisu
DINNER
 Roasted Turkey, Cornbread Stuffing
 Steamed Broccoli
 Apple Pie

7 BREAKFAST
 Oatmeal, Fresh Baked Muffin,
 Choice of Eggs, Meat, and Fruit
LUNCH
 Lentil Soup, Club Sandwich
 Potato Salad, Fresh Fruit
 Cake of the Day
DINNER
 Cranberry Pork, Baked Sweet Yam
 Mixed Blend Vegetable
 Fruit Cobbler

8 BREAKFAST
 Oatmeal, Fresh Waffles
 Choice of Eggs, Meat and Fruit
LUNCH
 Chicken Gumbo Soup
 Breaded Shrimp, Garden Rice
 Steamed Peas and Carrots
 Sponge Cake
DINNER
 Pot Steak, Roasted Garlic Mashed
 Potato, Lima Beans Succotash
 Strawberry Short Cake

9 BREAKFAST
 Oatmeal, French Toast
 Choice of Eggs, Meat and Fruit
LUNCH
 Italian Wedding Soup
 Chicken Pasta Salad, Fresh Fruit
 Orange Cake
DINNER
 Mustard Chicken, Roasted Butternut
 Squash Souffle, Steamed Cauliflower
 German Chocolate Cake

10 BREAKFAST
 Oatmeal, Denver Omelet
 Choice of Meat and Fruit
LUNCH
 New England Clam Chowder
 Philly Cheese Steak Sandwich
 Crispy Onion Rings, Fresh Fruit
 Orange Cake
DINNER
 Mustard Chicken, Baked Sweet Yam
 Steamed Vegetable Capri
 German Chocolate Cake

11 BREAKFAST
 Oatmeal, Cinnamon Rolls
 Choice of Eggs Meat and Fruit
LUNCH
 Black Beans Soup, Macaroni and
 Cheese with Poached Cod Fish
 Steamed Broccoli, Banana Cream Cake
DINNER
 London Broil, Garden Mashed Potatoes
 Steamed Mixed Vegetables
 Carrot Cake

12 BREAKFAST
 Oatmeal, Bagel Blast
 Lettuce, Tomato, Cucumber, Capers
LUNCH
 Cream of Butternut Soup
 Vegetable Quiche, Side of Mixed Green
 Salad, Chocolate Cake
DINNER
 Veal Piccata, Garden Wild Rice
 Sautéed Spinach, Fruit Cobbler

13 BREAKFAST
 Oatmeal, Buttermilk Pancake
 Choice of Eggs, Meat and Fruit
LUNCH
 Split Pea Soup, Roast Beef Sandwich
 Crispy Onion Rings, Fresh Fruit
 Cake of the Day
DINNER
 Roasted Turkey, Cornbread Stuffing
 Steamed Broccoli
 Pie of the Day

14 BREAKFAST
 Oatmeal, Banana Muffin
 Choice of Eggs, Meat and Fruit
LUNCH
 Vegetable Noodle Soup
 Shrimp Stir-Fried Vegetables
 Steamed Rice, Banana Cake
DINNER
 BBQ Pork Ribs, Corn on the Cob
 Baked Beans
 Pie of the Day

15 BREAKFAST
 Oatmeal, Buttermilk Waffles
 Choice of Eggs, Meat and Fruit
LUNCH
 Cream of Spinach Soup, Cobb Salad
 Dinner Roll, Pistachio Ice Cream
DINNER
 Filet Mignon Medallions
 Baked Potato, Steamed Mixed
 Vegetables, Tapioca Pudding

16 BREAKFAST
 Oatmeal, French Toast
 Choice of Eggs, Meat and Fruit
LUNCH
 Matzo Ball Soup, Chicken Lo Mein
 Chinese Vegetables
 Ice Cream Sandwich
DINNER
 Roasted Turkey, Cornbread Stuffing
 Steamed Mixed Vegetables
 Red Velvet Cake

17 BREAKFAST
 Oatmeal, Poached Eggs
 Choice of Meat and Fruit
LUNCH
 Mushroom and Barley Soup
 Tuna Melt, Potato Salad and Fruit
 Banana Split
DINNER
 Lamb Vegetable Stew, Rice Pilaf
 Mixed Blend Vegetables, Fruit Cobbler

18 BREAKFAST
 Oatmeal, Cinnamon Roll
 Choice of Eggs, Meat and Fruit
LUNCH
 Cream of Potato Chowder
 Vegetable Quesadilla, Fresh
 Guacamole, Pico de Gallo,
 Sour Cream, Angel Food Cake
DINNER
 Artichoke Chicken, Baked Sweet Yam
 Sautéed Lima Beans, Orange Cake

19 BREAKFAST
 Oatmeal, Bagel Blast, Lettuce, Tomato
 Cucumber, Capers
LUNCH
 Cream of Asparagus Soup
 Seafood Salad Croissant Sandwich
 Carrot Slaw and Fruit, Tiramisu
DINNER
 Pasta Meatballs, Side of Garlic Bread
 Steamed Peas and Carrots
 Assorted Cake of the Day

20 BREAKFAST
 Oatmeal, Fresh Pancakes
 Choice of Eggs, Meat and Fruit
LUNCH
 Roasted Pepper and Tomato Soup
 Pesto Chicken Flatbread
 Side of Mixed Green Salad, Pie of the Day
DINNER
 Roasted Turkey, Cornbread Stuffing
 Steamed Broccoli, Blueberry Cobbler

21 BREAKFAST
 Oatmeal, Fresh Baked Muffin
 Choice of Eggs, Meat and Fruit
LUNCH
 Lentil Soup, Italian Chopped Salad
 Dinner Roll, Banana Split
DINNER
 Roasted Leg of Lamb, Paprika Roasted
 Potatoes, Mixed Vegetables
 Bread Pudding

22 BREAKFAST
 Oatmeal, Fresh Waffles
 Choice of Eggs, Meat and Fruit
LUNCH
 Mushroom and Barley Soup
 Crispy Chicken Tenderloin
 Vegetable Cole Slaw, Fruit
 Fruit Jell-O
DINNER
 Beef Goulash, Side of Quinoa Salad
 Sautéed Spinach and Tomatoes
 Pineapple Cake

23 BREAKFAST
 Oatmeal, French Toast
 Choice of Eggs, Meat and Fresh Fruit
LUNCH
 Zucchini Cilantro Soup
 Grilled Tuna Ahi Salad
 Garlic Cheese Pizza Bread
 Ice Cream Sandwich
DINNER
 Roasted Turkey, Cornbread Stuffing
 Steamed Green Beans, Pumpkin Pie

24 BREAKFAST
 Oatmeal, Turkey and Cheese Omelet
 Choice of Meat and Fruit
LUNCH
 Matzo Ball Soup
 Stuffed Three Cheese Manicotti
 Grilled Vegetables, Strawberry Cake
DINNER
 Veal Steak Parmigiana
 Baked Potatoes, Sautéed Brussel Sprouts
 Banana Cake

25 BREAKFAST
 Oatmeal, Assorted Danish
 Choice of Eggs, Meat and Fruit
LUNCH
 Cream of Tomato Soup
 Grilled Cheese, Turkey and Grilled
 Tomatoes, Broccoli Cole Slaw Salad
 Fresh Fruit, Assorted Cake
DINNER
 Chicken and Artichokes, Rice Pilaf
 Sautéed Lima Beans
 Cookies a la Mode

26 BREAKFAST
 Oatmeal, Bagel Blast
 Lettuce, Tomato, Cucumber, Capers
LUNCH
 Split Pea Soup, Pepperoni or Cheese Pizza
 Side of Caesar Salad, Angel Food Cake
DINNER
 Roasted Turkey, Cornbread Stuffing
 Sautéed Snow Peas
 Boston Cream Pie

27 BREAKFAST
 Oatmeal, Fresh Baked Pancakes
 Choice of Eggs, Meat and Fruit
LUNCH
 Chicken Tortilla Soup
 Philly cheese Steak Sandwich
 Crispy Onion Rings, Side of Watermelon
 Cheese Cake
DINNER
 Grilled Salmon, Twice Baked Potato
 Sautéed Spinach, Red Chard, Tomato,
 Peppers, Strawberry Cake

28 BREAKFAST
 Oatmeal, Fresh Baked Muffin
 Choice of Eggs, Meat and Fruit
LUNCH
 Italian Wedding Soup, Chinese Chicken
 Salad, Crispy Noodles, Lemon Cake
DINNER
 BBQ Pork Spare Ribs
 Corn on the Cob
 Baked Beans, Rice Pudding

29 BREAKFAST
 Oatmeal, Fresh Waffles
 Choice of Eggs, Meat and Fruit
LUNCH
 Cream of Broccoli Soup, Grilled Ahi Tuna
 Salad, Garlic Bread Sticks
 Spumoni Ice Cream and Cookies
DINNER
 Filet Mignon w/Chimichuri Sauce
 Mashed Potatoes, California Blend
 Veggies, Lemon Meringue Pie

30 BREAKFAST
 Oatmeal, French Toast
 Choice of Eggs, Meat and Fresh Fruit
LUNCH
 Minestrone Soup
 Roasted Turkey, Cornbread Stuffing
 Steamed Green Beans, Fruit Jell-O
DINNER
 Veal Tenderloin Steak, Side of Wheat
 Bulgur Pilaf, Grilled Asparagus
 Red Velvet Cake

31 BREAKFAST
 Oatmeal, Sausage and Cheese Omelet
 Choice of Meat and Fruit
LUNCH
 Matzo Ball Soup
 Half Avocado Stuffed with:
 Choice of Chicken or Egg Salad
 Dinner Roll, Fruit Parfait
DINNER
 Beef Lasagna, Sautéed Mixed Veggies
 Vanilla Pudding

BEVERAGES

Breakfast
 Cranberry, Apple,
 Orange Juices
 Coffee - Hot Tea
 Hot Chocolate
 Milk - Water
Lunch & Dinner
 Coffee - Hot Tea
 Water - Ice Tea
 Lemonade

DINING HOURS Breakfast: 8:00 to 9:30 a.m. / Lunch: 12:00 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m.

Menu subject to change.

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