

CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

February 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



<p>4</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers</p> <p><u>LUNCH</u> Turkey Rice Soup, Seafood Salad Croissant Potato Salad, Fruit, Sunday Sundae</p> <p><u>DINNER</u> Catch of the Day, Couscous Pilaf Steamed Mixed Vegetable Yellow Cake w/Chocolate Frosting</p>	<p>5</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Pancake Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Potato Leek Soup, Chicken Fajitas Spanish Rice, Refried Beans, Guacamole Pico de Gallo, Sour Cream, Caramel Flan</p> <p><u>DINNER</u> Roasted Leg of Lamb, Roasted Garlic Mashed Potato, Green Beans, Apple Pie</p>	<p>6</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Lentil Soup, Cobb Salad, Dinner Roll Cake of the Day</p> <p><u>DINNER</u> Cranberry Pork Roasted Root Vegetables Fruit Cobbler</p>	<p>7</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Chicken Noodle Soup, Breaded Shrimp Garden Rice, Sponge Cake</p> <p><u>DINNER</u> London Broil, Corn on the Cobb Sautéed Spinach Strawberry Short Cake</p>	<p>8</p> <p><u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Italian Wedding Soup, Turkey Patty Melt Potato Salad, Fruit, Fruit Jell-O</p> <p><u>DINNER</u> Chicken Parmigiana Roasted Root Vegetables, Grilled Zucchini & Yellow Squash, Peach Pie</p>	<p>9</p> <p><u>BREAKFAST</u> Oatmeal, Denver Omelet Choice of Meat and Fruit</p> <p><u>LUNCH</u> New England Clam Chowder Fish & Chips, Side of Fresh Fruit Orange Cake</p> <p><u>DINNER</u> Beef Lasagna, Garlic Bread Steamed Green Beans German Chocolate Cake</p>	<p>10</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Biscuits Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Garbanzo Bean Soup Chicken Coq Au Vin, Rice Pilaf Steamed Broccoli, Banana Cream Cake</p> <p><u>DINNER</u> Veal Milanese, Half-Baked Potato Grilled Asparagus and Red Peppers Cookies ala Mode</p>		
<p>11</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers</p> <p><u>LUNCH</u> Cream of Butternut Soup French Dip Sandwich Crispy Onion Rings, Fruit, Rice Pudding</p> <p><u>DINNER</u> Roasted Turkey, Bread Stuffing Sautéed Spinach Fruit Cobbler</p>	<p>12</p> <p><u>BREAKFAST</u> Oatmeal, Buttermilk Pancakes</p> <p><u>LUNCH</u> Split Pea Soup, Vegetable or Cheese Quesadilla, Fresh Guacamole Pico de Gallo, Sour Cream, Egg Custard</p> <p><u>DINNER</u> Beef on the Pot Corn Muffin, Sautéed Green Beans Pie of the Day</p>	<p>13</p> <p><u>BREAKFAST</u> Oatmeal, Breakfast Sandwich Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Vegetables Noodle Soup Chinese Chicken Salad, Crispy Noodles Banana Cake</p> <p><u>DINNER</u> Grilled Salmon, Baked Sweet Yam California Blend Vegetables Pie of the Day</p>	<p>14 <i>Valentine's Day</i></p> <p><u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fruit</p> <p>VALENTINE'S DAY LUNCHEON Filet Mignon Medallions with Marsala Mushroom Sauce, Grilled Asparagus Roasted Red Potatoes Chocolate Heart Cake</p> <p><u>DINNER</u> Chicken Salad Croissant Sandwich Cole Slaw Salad, Fresh Fruit</p>	<p>15</p> <p><u>BREAKFAST</u> Oatmeal, Buttermilk Waffles Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup, BBQ Chicken Flatbread Side of Mixed Green Salad Spumoni Ice Cream</p> <p><u>DINNER</u> Veal Steak Parmesan, Garden Brown Rice, Sautéed Swiss Chard and Tomatoes, Red Velvet Cake</p>	<p>16</p> <p><u>BREAKFAST</u> Oatmeal, Poached Eggs Choice of Meat and Fruit</p> <p><u>LUNCH</u> Mushroom and Barley Soup Fish and Chips, Fresh Fruit, Ice Cream Cookies</p> <p><u>DINNER</u> Rib Eye Steak and Gravy, Paprika Potatoes, Steamed Green Beans Fruit Cobbler</p>	<p>17</p> <p><u>BREAKFAST</u> Oatmeal, Cinnamon Roll Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Cream of Potato Chowder Sausage Macaroni & Cheese Side of Steamed Broccoli Spumoni Ice Cream</p> <p><u>DINNER</u> Catch of the Day Sweet Yam Souffle, Steamed Cauliflower Orange Cake</p>		
<p>18</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers</p> <p><u>LUNCH</u> Turkey Rice Soup, Vegetable Quiche Side of Mixed Green Salad Dessert of the Day</p> <p><u>DINNER</u> BBQ Beef Short Ribs Corn on the Cobb, Baked Beans Chocolate Cake</p>	<p>19 <i>President's Day</i></p> <p><u>BREAKFAST</u> Oatmeal, Fresh Pancakes Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Corn Chowder Soup BBQ Chicken Flatbread, Side of Mixed Green Salad, Pie of the Day</p> <p><u>DINNER</u> Spaghetti Turkey Meatballs Garlic Bread, Steamed Broccoli Blueberry Cobbler</p>	<p>20</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Lentil Soup, Stuffed Avocado Choice: Tuna or Egg Salad, Dinner Roll Banana Split</p> <p><u>DINNER</u> Beef Tenderloin, Baked Butternut Squash Steamed Cauliflower Bread Pudding</p>	<p>21</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Beef and Barley Soup Club Sandwich Carrot Slaw, Fruit, Fruit Jell-O</p> <p><u>DINNER</u> Rosemary Chicken, Steamed Red Potatoes, Braised Cabbage Pineapple Cake</p>	<p>22</p> <p><u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fresh Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup, Turkey Burger Crispy Onion Rings, Fruit Carrot Cake</p> <p><u>DINNER</u> Roasted Leg of Lamb, Root Vegetable Souffle, Sautéed Green Beans Pumpkin Pie</p>	<p>23</p> <p><u>BREAKFAST</u> Oatmeal, Turkey and Cheese Omelet Choice of Meat and Fruit</p> <p><u>LUNCH</u> Zucchini Cilantro Soup Chicken Confit Salad</p> <p><u>DINNER</u> Pesto Dinner Roll, Strawberry Cake Catch of Day, Au Gratin Potatoes Mixed Blend Vegetables, Peach Pie</p>	<p>24</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Biscuits Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Cream of Tomato Soup, Egg Salad Sandwich, Carrot Slaw Salad, Fruit Assorted Cakes</p> <p><u>DINNER</u> Sweet and Sour Pork Steamed Rice, Sautéed Vegetable Succotash, Cookies ala Mode</p>		
<p>25</p> <p><u>BREAKFAST</u> Oatmeal, French Toast, Eggs, Bacon</p> <p><u>LUNCH</u> Beef Noodle Soup, Chicken Enchiladas Spanish Rice, Refried Beans Guacamole, Sunday Sundae</p> <p><u>DINNER</u> Beef Lasagna Baked Zucchini and Yellow Squash Boston Cream Pie</p>	<p>26</p> <p><u>BREAKFAST</u> Oatmeal, Waffles, Link Sausage One Egg Over Easy</p> <p><u>LUNCH</u> Split Peas, Seafood, Ravioli Sautéed Vegetable Ratatouille Apple Upside Down Cake</p> <p><u>DINNER</u> Lemon Roasted Chicken Corn Souffle, Steamed Cauliflower Rice Pudding</p>	<p>27</p> <p><u>BREAKFAST</u> Oatmeal, Scrambled Eggs Cheese, Sausage</p> <p><u>LUNCH</u> Italian Wedding Soup, Cobb Salad Pesto Flatbread Butter Pecan Ice Cream w/Berries</p> <p><u>DINNER</u> Rack of Lamb, Paprika Roasted Potatoes Sautéed Green Beans Strawberry Cake</p>	<p>28</p> <p><u>BREAKFAST</u> Oatmeal, French Toast</p> <p><u>LUNCH</u> Cream of Broccoli Soup Tuna Melt, Potato Salad, Fruit Chocolate Cake</p> <p><u>DINNER</u> Filet Mignon Medallions Side of Pasta, Oriental Mixed Vegetables Lemon Meringue Pie</p>	<p>THE MONTH OF FEBRUARY IS...</p> <table border="0"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> American Heart Month An Affair to Remember Month Black History Month Canned Food Month Chocolate Lover's Month Creative Romance Month Deaf History Month Great American Pie Month National Bake for Family Fun Month National Boost Your Self Esteem Month </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> National Bird Feeding Month National Cherry Month National Craft Month National Grapefruit Month National Heart Month National Hot Breakfast Month National Library Lover's Month National Snack Food Month National Weddings Month National Embroidery Month </td> </tr> </table>		<ul style="list-style-type: none"> American Heart Month An Affair to Remember Month Black History Month Canned Food Month Chocolate Lover's Month Creative Romance Month Deaf History Month Great American Pie Month National Bake for Family Fun Month National Boost Your Self Esteem Month 	<ul style="list-style-type: none"> National Bird Feeding Month National Cherry Month National Craft Month National Grapefruit Month National Heart Month National Hot Breakfast Month National Library Lover's Month National Snack Food Month National Weddings Month National Embroidery Month 	<p>BEVERAGES</p> <p>Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water</p> <p>Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade</p>
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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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