

# CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

# May 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

### BEVERAGES

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

**6** **BREAKFAST**  
 Oatmeal, Bagel Blast  
 Lettuce, Tomato, Cucumber, Capers  
**LUNCH**  
 Turkey Rice Soup, Breaded Shrimp  
 Garden Rice, Sunday Sundae  
**DINNER**  
 Chicken Marsala, Baked Spaghetti Squash  
 Steamed Mixed Vegetables  
 Yellow Cake w/Chocolate Frosting

**7** **BREAKFAST**  
 Oatmeal, Fresh Pancake  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Potato Leek Soup, Italian Chop Salad  
 Pesto Pita Bread  
 Tiramisu  
**DINNER**  
 Spaghetti Bolognese, Garlic Bread  
 Steamed Broccoli  
 Apple Pie

**8** **BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Lentil Soup, Club Sandwich  
 Potato Salad, Side of Watermelon  
 Cake of the Day  
**DINNER**  
 Cranberry Pork, Baked Potato  
 Mixed Blend Vegetables, Fruit Cobbler

**9** **BREAKFAST**  
 Oatmeal, Fresh Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Chicken Noodle Soup, Pepperoni or  
 Cheese Flatbread, Side Mixed Green  
 Salad, Sponge Cake  
**DINNER**  
 London Broil, Corn on the Cobb  
 Sautéed Spinach  
 Strawberry Short Cake

**10** **BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Italian Wedding Soup, Fish and Chips  
 Crispy French Fries, Fruit, Fruit Jell-O  
**DINNER**  
 Chicken Parmigiana  
 Garden Wild Rice, Grilled Zucchini &  
 Yellow Squash, Peach Pie

**11** **BREAKFAST**  
 Oatmeal, Denver Omelet  
 Choice of Meat and Fruit  
**LUNCH**  
 New England Clam Chowder  
 Turkey Pasta Salad, Orange Cake  
**DINNER**  
 Veal Vegetable Stew, Corn Bread  
 Side of Brussel Sprouts  
 German Chocolate Cake

**12** **BREAKFAST**  
 Oatmeal, Cinnamon Rolls  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Garbanzo Bean Soup  
 Egg Salad Croissant Sandwich  
 Beet Salad, Carrot Slaw Salad  
 Fresh Fruit, Banana Cream Cake  
**DINNER**  
 Corn Beef Brisket, Steamed Red Potatoes  
 and Green Beans, Carrot Cake

**13** *Mother's Day*  
**BREAKFAST**  
 Oatmeal, Bagel Blast, Lettuce, Tomato  
 Cucumber, Capers  
**MOTHER'S DAY LUNCH**  
 Cream of Butternut Soup  
 Mother's Day Filet Mignon, Baked Potato  
 Steamed Brussel Sprouts, Chocolate Cake  
**DINNER**  
 Poached White Fish, Garden Wild Rice  
 Sautéed Spinach, Fruit Cobbler

**14** **BREAKFAST**  
 Oatmeal, Buttermilk Pancakes  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Split Pea Soup, Cobb Salad  
 Dinner Roll, Egg Custard  
**DINNER**  
 Chicken Cacciatore, Baked Sweet Yam  
 California Blend Vegetables  
 Pie of the Day

**15** **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, Garden Brown Rice  
 Sauteed Swiss Chard & Tomatoes  
 Pie of the Day

**16** **BREAKFAST**  
 Oatmeal, Buttermilk Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Spinach Soup  
 Pepperoni or Cheese Pizza  
 Mixed Green Salad  
 Pistachio Ice Cream  
**DINNER**  
 Roasted Turkey, Bread Stuffing  
 Sautéed Green Beans Almondine  
 Tapioca Pudding

**17** **BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Matzo Ball Soup, Tuna Melt  
 Onion Rings, Fruit, Ice Cream Sandwich  
**DINNER**  
 Rib Eye Steak & Gravy  
 Paprika Potatoes, Steamed Broccoli  
 Red Velvet Cake

**18** **BREAKFAST**  
 Oatmeal, Poached Eggs  
 Choice of Meat and Fruit  
**LUNCH**  
 Mushroom and Barley Soup  
 Portobello Mushroom Ravioli & Grilled  
 Chicken, Mixed Vegetable Succotash  
 Banana Split  
**DINNER**  
 Veal Piccata, Rice Pilaf, Mixed Blend  
 Vegetables, Fruit Cobbler

**19** *Armed Forces Day*  
*Shavuot (begins at sundown)*  
**BREAKFAST**  
 Oatmeal, Cinnamon Roll  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Potato Chowder  
 Vegetable Quiche, Mixed Green Salad  
 Angel Food Cake  
**DINNER**  
 Roasted Tri Tip, Corn on the Cob,  
 Steamed Carrots and Cauliflower  
 Orange Cake

**20** **BREAKFAST**  
 Oatmeal, Bagel Blast  
 Lettuce, Tomato, Cucumber, Capers  
**LUNCH**  
 Fideo Soup, Vegetable Quiche  
 Fresh Guacamole, Pico de Gallo  
 Sour Cream, Rice Pudding  
**DINNER**  
 Honey Roasted Chicken, Potato Pancakes  
 Steamed Vegetable Medley  
 Carrot Cake

**21** *Shavuot (ends at sundown)*  
**BREAKFAST**  
 Oatmeal, Fresh Pancakes  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Corn Chowder Soup  
 Stuffed Avocado Choice: Tuna or Egg  
 Salad, Dinner Roll, Pie of the Day  
**DINNER**  
 Spaghetti and Meatballs  
 Garlic Bread, Steamed Broccoli  
 Blueberry Cobbler

**22** **BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Lentil Soup, Crispy Chicken Tenderloin  
 Potato Salad, Fruit, Banana Split  
**DINNER**  
 Wrap Baked Saloman  
 Steamed Wild Rice  
 Sautéed Green Beans  
 Bread Pudding

**23** **BREAKFAST**  
 Oatmeal, Fresh Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Beef and Barley Soup  
 Philly Cheese Sandwich, Onion Rings  
 Fruit, Fruit Jell-O  
**DINNER**  
 Roasted Leg of Lamb  
 O'Brien Potatoes, Sauteed Green Beans  
 Pineapple Cake

**24** **BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fresh Fruit  
**LUNCH**  
 Zucchini Cilantro Soup, Shrimp Pad Thai  
 Ice Cream Sandwich  
**DINNER**  
 Cranberry Pork Loin  
 Barley Pilaf, Mixed Blend Vegetables  
 Pumpkin Pie

**25** **BREAKFAST**  
 Oatmeal, Turkey and Cheese Omelet  
 Choice of Meat and Fruit  
**LUNCH**  
 Matzo Ball Soup  
 Southwest Chicken Salad  
 Crispy Tortilla Chips  
 Strawberry Cake  
**DINNER**  
 Pot Roast, Mashed Potatoes  
 Sautéed Brussel Sprouts, Banana Cake

**26** **BREAKFAST**  
 Oatmeal, Assorted Danish  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Tomato Soup  
 Grilled Cheese, Tomatoes and Turkey  
 Broccoli Cole Slaw Salad, Fresh Fruit  
**DINNER**  
 Veal Parmigiana, Rice Pilaf  
 Sautéed Lima Beans  
 Cookies ala Mode

**27** **BREAKFAST**  
 Oatmeal, Bagel Blast, Lettuce, Tomato  
 Cucumber, Capers  
**LUNCH**  
 Tortilla Soup, Chicken or Cheese  
 Enchiladas, Spanish Rice  
 Refried Beans, Guacamole, Pico de Gallo  
 Sour Cream, Sunday Sundae  
**DINNER**  
 Beef Lasagna, Garlic Bread  
 Baked Zucchini & Yellow Squash  
 Boston Cream Pie

**28** *Memorial Day*  
**BREAKFAST**  
 Oatmeal, Waffles, Link Sausage  
 One Egg Over Easy  
**MEMORIAL DAY BUFFET LUNCH**  
 Split Pea Soup, BBQ Pork Baby Back Ribs  
 Pineapple Upside Down Cake  
**DINNER**  
 Seafood Salad Croissant Sandwich  
 Tomato, Cucumber Salad, Side of  
 Watermelon, Assorted Cake

**29** **BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Scramble Eggs, Meat and Fruit  
**LUNCH**  
 Italian Wedding Soup, Chef's Salad  
 Pesto Flatbread, Banana Split  
**DINNER**  
 Chicken and Artichokes, Barley Pilaf  
 Sautéed Blend Vegetable Succotash  
 Strawberry Cake

**30** **BREAKFAST**  
 Oatmeal, Fresh Pancakes  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Broccoli Soup, Pepperoni or  
 Cheese Pizza, Mixed Green Salad  
 Chocolate Cake  
**DINNER**  
 Filet Mignon Medallions, Au Gratin  
 Potatoes, Oriental Mixed Vegetable  
 Lemon Meringue Pie

**BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Lentil Soup, Breaded Shrimp  
 Wild Rice Pilaf and Mixed Vegetables  
 Fruit Jell-O  
**DINNER**  
 Veal and Vegetable Stew, Cornbread  
 Muffin, Grilled Mixed Vegetables  
 Red Velvet Cake

**THE MONTH OF MAY IS...**

ALS Awareness Month	National Blood Pressure Month
Asian Pacific American Heritage Month	National Correct Posture Month
Brain Tumor Awareness Month	National Guide Dog Month
Date Your Mate Month	National Hamburger Month
Gifts from the Garden Month	National Photograph Month
Jewish American Heritage Month	National Recommitment Month
Lupus Awareness Month	National Salad Month
Mathematics Awareness Month	National Stroke Awareness Month
National Barbecue Month	National Volunteer Month
National Bike Month	Older Americans Month

**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.

lic: 197609072