

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 <u>BREAKFAST</u> Oatmeal, Waffles, Scrambled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Zucchini Soup, BBQ chicken Skewers, Sweet Corn Salad, Watermelon Chocolate Pudding <u>DINNER</u> Vegetable Soup Moroccan Lentil Stuffed Eggplant, Garlic Kale Salad w/ Roasted Chickpeas, Roll Apple Pie New Year's Day	2 <u>BREAKFAST</u> Oatmeal, Baked Muffin, Poached Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cabbage Soup, Egg Salad Croissant, Beet Salad, Melon Fresh Baked Cookies <u>DINNER</u> French Onion Soup Pan Grilled Fish Sweet Baked Potato, Garlic Roasted Green Beans Peach Cake	3 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> White Bean Soup, Reuben Sandwich Potato Salad, Dill Pickle Spears Vanilla Cake <u>DINNER</u> Cream of Carrot Vegetable Stuffed Cabbage Herbed Lemon Quinoa Butterscotch Pudding	4 <u>BREAKFAST</u> Oatmeal, French Toast, Scrambled Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Mushroom & Barley Soup Vegetable Quiche Garden Salad, Zucchini Bread Ambrosia Salad <u>DINNER</u> Lentil Soup Beef Burgundy Mashed Potatoes, Dinner Roll Banana Cake	5 <u>BREAKFAST</u> Oatmeal, Danish, Hard Boiled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Tomato Soup Turkey Sandwich Three Bean Salad, Kettle Chips Tapioca Pudding <u>DINNER</u> Barley Soup Matzo Ball Soup Lemon Baked Fish Rice Pilaf Carrot Tzimmes Honey Cake	6 <u>BREAKFAST</u> Oatmeal, Coffee Cake, Scrambled Eggs, Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Noodle Soup, Cheese or Blueberry Blintz Orange Wedges, Apple Slaw Brownie <u>DINNER</u> Barley Soup Beef Stew Mashed Potatoes Dinner Roll Baked Cinnamon Apples	
7 <u>BREAKFAST</u> Oatmeal, Lox & Bagel, Fruit, Hot or Cold Cereal <u>LUNCH</u> Tortilla Soup Vegetable Quesadillas, Spanish Rice & Refried Beans, Pico de Gallo, Sour Cream, Guacamole, Egg Custard <u>DINNER</u> Garbanzo Bean Soup Grilled Fish w/ Mango Salsa Roasted Broccoli Polenta Chocolate Cake	8 <u>BREAKFAST</u> Oatmeal, Waffles, Scrambled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Split Pea Soup Grilled Chicken Salad w/ Lime Vinaigrette Fresh Fruit Cup <u>DINNER</u> Kidney Bean Soup Vegetable Stuffed Bell Peppers Roasted Cauliflower Wild Rice Apple Cake	9 <u>BREAKFAST</u> Oatmeal, Baked Muffin, Poached Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Tomato Basil Soup Cheese Pizza Side Salad w/ Italian Dressing Orange Cake <u>DINNER</u> Zucchini Soup Lemon Butter Baked Fish Sautéed Spinach w/ Tomatoes & Onions Couscous Pound Cake	10 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> Vegetable Soup Grilled Chicken & Pastrami Cobb Salad, Roll Pecan Pie <u>DINNER</u> Pinto Bean Soup Meatloaf Garlic Mashed Potatoes Roasted Vegetables Chocolate Eclair	11 <u>BREAKFAST</u> Oatmeal, French Toast, Scrambled Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cream of Broccoli Egg & Mushroom Frittata Israeli Salad, Watermelon Lemon Meringue Pie <u>DINNER</u> Split Pea Soup Vegetable Lasagna Rosemary Bread Side Salad Sponge Cake	12 <u>BREAKFAST</u> Oatmeal, Danish, Hard Boiled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cabbage Soup Teriyaki Chicken Steamed White Rice, Stir Fry Vegetables Coconut Macaroons <u>DINNER</u> Matzo Ball Soup Braised Beef Brisket Mashed Potatoes Dinner Roll Peach Cobbler	13 <u>BREAKFAST</u> Oatmeal, Coffee Cake, Scrambled Eggs, Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Potato Leek Soup Egg Salad over Mixed Greens Hawaiian Roll Mango Sorbet <u>DINNER</u> Vegetable Soup Baked Chicken Rosemary Roasted Red Potatoes Roasted Carrots Lemon Cake	
14 <u>BREAKFAST</u> Oatmeal, Lox & Bagel, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cream of Spinach Tuna Melt on Rye Sweet Potato Fries, Dill Pickle Spears Yogurt Parfait <u>DINNER</u> Italian Wedding Soup Spaghetti w/ Meat Sauce Steamed Broccoli Garlic Bread Pineapple Upside-Down Cake	15 <u>BREAKFAST</u> Oatmeal, Waffles, Scrambled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Pinto Bean Soup Chicken Greek Salad, Roll Butterscotch Pudding <u>DINNER</u> Cabbage Celery Soup Open Faced Turkey Sandwich, Mashed Potatoes, Sweet Corn Strawberry Cake Martin Luther King Jr. Day	16 <u>BREAKFAST</u> Oatmeal, Baked Muffin, Poached Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cream of Carrot Pesto Chicken Pasta, Pita Bread, Vanilla Ice Cream <u>DINNER</u> Kidney Bean Soup Eggplant Casserole Mixed Vegetables Garlic Bread Fruit Cobbler	17 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> Corn Chowder Fish & Chips Coleslaw Lemon Bar <u>DINNER</u> Beef Burgundy Shepherd's Pie Balsamic Roasted Carrots Breadstick Marble Cake	18 <u>BREAKFAST</u> Oatmeal, French Toast, Scrambled Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Tomato Soup Salami Pizza, Side Salad German Chocolate Cake <u>DINNER</u> Garbanzo Bean Soup Beef Burgundy Mashed Potatoes Dinner Roll Apple Turnover	19 <u>BREAKFAST</u> Oatmeal, Danish, Hard Boiled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Roasted Carrot & Ginger Soup Hot Dog, French Fries, Watermelon Banana Cake <u>DINNER</u> Matzo Ball Soup Roasted Rosemary Chicken Balsamic Roasted Carrots Roasted Red Potatoes Honey Cake	20 <u>BREAKFAST</u> Oatmeal, Coffee Cake, Scrambled Eggs, Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Tomato Bisque Grilled Cheese Sandwich, Garden Salad Bread Pudding <u>DINNER</u> Minestrone Soup Lemon Pepper Baked Fish Sweet Baked Potato Sautéed Green Beans Sugar Cookies	
21 <u>BREAKFAST</u> Oatmeal, Lox & Bagel, Fruit, Hot or Cold Cereal <u>LUNCH</u> Tortilla Soup Steak Fajitas, Spanish Rice, Refried Beans Churros <u>DINNER</u> French Onion Soup Pasta Marinara Mixed Vegetables Garlic Bread Angel Food Cake Activity Professionals Week	22 <u>BREAKFAST</u> Oatmeal, Waffles, Scrambled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Mushroom & Barley Soup Turkey Wrap Israeli Salad Potato Chips Tapioca Pudding <u>DINNER</u> Vegetable Soup Beef Stroganoff Egg Noodles Garlic Parmesan Cauliflower, Bananas Foster	23 <u>BREAKFAST</u> Oatmeal, Baked Muffin, Poached Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cabbage & Celery Soup Roast Beef Sandwich Potato Salad, Dill Pickle Spear Red Velvet Cake <u>DINNER</u> Lentil Soup BBQ Chicken Baked Beans Corn on the Cob Applesauce Cake	24 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> Zucchini Cilantro Soup Chicken Tenderloin French Fries, Coleslaw Pound Cake w/ Berries <u>DINNER</u> Vegetable Soup Beef Stuffed Bell Peppers, Roasted Squash Fresh Baked Cookies Tu B'Shevat Begins	25 <u>BREAKFAST</u> Oatmeal, French Toast, Scrambled Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cream of Broccoli Cheese Ravioli Mixed Vegetables, Garlic Bread Strawberry Ice Cream <u>DINNER</u> Pinto Bean Soup Lemon Butter Baked Fish Orzo Pasta w/ Tomatoes & Basil Steamed Baby Carrots Vanilla Cake	26 <u>BREAKFAST</u> Oatmeal, Danish, Hard Boiled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Potato Leek Soup Sweet & Sour Meatballs, Steamed Broccoli, White Rice, Coconut Macaroons <u>DINNER</u> Matzo Ball Soup Moroccan Chicken Rosemary Roasted Carrots Lemon Couscous Cinnamon Baked Pears Australia Day (Observed)	27 <u>BREAKFAST</u> Oatmeal, Coffee Cake, Scrambled Eggs, Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> White Bean Soup Fish Tacos Refried Beans, Spanish Rice, Lemon Slaw Lemon Meringue Pie <u>DINNER</u> Garden Vegetable Soup Pot Roast Mashed Potatoes Dinner Roll Orange Cake	
28 <u>BREAKFAST</u> Oatmeal, Lox & Bagel, Fruit, Hot or Cold Cereal <u>LUNCH</u> Egg Drop Soup Beef Lo Mein, Stir Fry Vegetables Almond Cookies <u>DINNER</u> Minestrone Soup Sicilian Fish in Tomato Sauce Green Beans Garlic Polenta Brownie	29 <u>BREAKFAST</u> Oatmeal, Waffles, Scrambled Eggs, Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cabbage & Celery Soup Chef Salad, Hawaiian Roll Peach Turnover <u>DINNER</u> Garbanzo Bean Soup Beef Stuffed Cabbage Rice Pilaf Peas & Carrots Pound Cake	30 <u>BREAKFAST</u> Oatmeal, Baked Muffin, Poached Eggs, Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Pinto Bean Soup Roast Beef Sandwich Potato Salad, Pickle Spears Fruit Jell-O <u>DINNER</u> Cream of Spinach Pasta Marinara Mixed Vegetables Garlic Bread Chocolate Ice Cream	31 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> Italian Wedding Soup Vegetable Quiche Garden Salad, Zucchini Bread Marble Cake <u>DINNER</u> Tomato Soup Corned Beef & Cabbage Boiled Potatoes & Carrots Berry Cobbler				January 2024 CityView Menu