




CITYVIEW

NOVEMBER 2022

MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p style="text-align: center;"><u>BREAKFAST</u> 1</p> <p>Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Egg Drop Soup, Shrimp Lo Mein, Stir Fry Vegetables, Coconut Macaroons</p> <p style="text-align: center;"><u>DINNER</u></p> <p>French Onion Soup, Eggplant Parmesan, Roasted Broccoli, Garlic Bread, Bananas Foster</p>	<p style="text-align: center;"><u>BREAKFAST</u> 2</p> <p>Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>White Bean Soup, BLT Sandwich, Carrot Slaw, French Fries, Tapioca Pudding</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Corn Chowder Salisbury Steak, Herbed Rice Pilaf, Sweet & Tangy Carrots, Chocolate Cake</p>	<p style="text-align: center;"><u>BREAKFAST</u> 3</p> <p>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Cabbage Soup, Sweet & Sour Meatballs, Steamed Rice, Steamed Broccoli, Strawberry Shortcake</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Potato Leek Soup, Chicken Piccata, over Angel Hair Pasta, Sauteed Spinach, Peach Turnover</p>	<p style="text-align: center;"><u>BREAKFAST</u> 4</p> <p>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Matzo Ball Soup, Egg Salad Croissant, Creamy Cucumber Salad, Fresh Melon, Ambrosia Salad</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Vegetable Soup, Stuffed Cabbage Rolls, Garden Rice, Roasted Cauliflower, Lemon Bar</p>	<p style="text-align: center;"><u>BREAKFAST</u> 5</p> <p>Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Noodle Soup, Cheese or Blueberry Flintz, Apple Slaw, Orange Wedges, Fudge Brownie</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Cream of Spinach, Pan Grilled Fish, Sweet Baked Potato, Roasted Asparagus, Orange Cake</p>
<p style="text-align: center;"><u>BREAKFAST</u> 6</p> <p>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Lentil Soup, Tuna Stuffed Tomato, Garden Salad, Honey Cornbread, Chef's Dessert</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Cream of Mushroom, Beef Brisket, Roasted Potatoes & Carrots, Dinner Roll, Bread Pudding</p> <p style="text-align: center;">Daylight Saving Time Ends</p>	<p style="text-align: center;"><u>BREAKFAST</u> 7</p> <p>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Split Pea Soup, Cheese or Vegetable Quesadillas, Spanish Rice, Refried Beans, Pico de Gallo, Guacamole, Sour Cream, Churros</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Cream of Carrot, Chicken Carbonara, Grilled Herbed Zucchini, Garlic Bread, Fruit Cobbler</p>	<p style="text-align: center;"><u>BREAKFAST</u> 8</p> <p>Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Vegetable Soup, Hot Dogs, French Fries, Coleslaw, Orange Mousse</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Garbanzo Bean Soup, Meatloaf, Garlic Mashed Potatoes w/ Gravy, Roasted Vegetables, Peach Cake</p>	<p style="text-align: center;"><u>BREAKFAST</u> 9</p> <p>Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Tomato Soup, Cheese or Pepperoni Pizza, Caesar Salad,, Tres Leches Cake</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Minestrone Soup, Lemon Butter Baked Fish, Sauteed Spinach w/ Tomatoes & Onions, Garden Rice, Pound Cake</p>	<p style="text-align: center;"><u>BREAKFAST</u> 10</p> <p>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Mushroom & Barley Soup, Smoked Salmon Pasta, Roll, Coconut Cream Pie</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Potato Leek Soup, Beef Pot Roast w/ Carrots, Mashed Potatoes, Dinner Roll, Chocolate Chip Cookies a la Mode</p>	<p style="text-align: center;"><u>BREAKFAST</u> 11</p> <p>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Matzo Ball Soup, BBQ Ribs, Corn on the Cob, Baked Beans, Ambrosia Salad</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Fideo Soup, Moroccan Paprika Fish, Cous Cous, Cauliflower, Boston Cream Pie</p> <p style="text-align: center;">Veterans Day Remembrance Day (Canada)</p>	<p style="text-align: center;"><u>BREAKFAST</u> 12</p> <p>Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Cabbage and Celery Soup, Italian Chopped Salad, Zucchini Bread, Peaches & Cream</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Butternut Squash Soup, Pork Chops in Mushroom Gravy, Sauteed Green Beans, Mashed Potatoes, Cinnamon Baked Apple</p>
<p style="text-align: center;"><u>BREAKFAST</u> 13</p> <p>Oatmeal, Bagel Blast, Eggs Any Style</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Tomato Basil Soup, Grilled Ham & Cheese Sandwich, Balsamic Arugula-Tomato Salad, Fruit Jell-O</p> <p style="text-align: center;"><u>DINNER</u></p> <p>White Bean Soup, Chicken Cordon Bleu, Mashed Potatoes, Steamed Broccoli, Chocolate Eclair</p>	<p style="text-align: center;"><u>BREAKFAST</u> 14</p> <p>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Lentil Soup, Tuna Melt, Sweet Potato Fries, Coleslaw, Carrot Cake</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Roasted Butternut Squash Soup, Eggplant Casserole, Roasted Carrots & Cauliflower, Pumpkin' Spice Cupcakes</p>	<p style="text-align: center;"><u>BREAKFAST</u> 15</p> <p>Oatmeal, Fresh Baked Muffins, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Pinto Bean Soup, Grilled Chicken Caesar Salad, Garlic Bread, Strawberry Shortcake</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Cream of Cauliflower, Shepherd's Pie, Balsamic Roasted Brussel Sprouts, Banana Bread</p>	<p style="text-align: center;"><u>BREAKFAST</u> 16</p> <p>Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Tortilla Soup, Chicken Enchiladas, Refried Beans, Spanish Rice, Pico de Gallo, Sour Cream , Guacamole, Flan</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Roasted Carrot & Ginger Soup, Beef Bourguignon w/ Carrots & Potatoes, Served Over Mashed Potatoes, Orange Cake</p>	<p style="text-align: center;"><u>BREAKFAST</u> 17</p> <p>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Vegetable Soup, Turkey Club Sandwich, Three Bean Salad, Potato Chips, Ice Cream</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Split Pea Soup, Spaghetti Meat Sauce, Steamed Broccoli, Garlic Bread, Cherry Pie</p>	<p style="text-align: center;"><u>BREAKFAST</u> 18</p> <p>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Matzo Ball Soup, Vegetable Quiche, Mixed Green Salad, Roll, Lemon cake</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Cream of Broccoli, Honey Mustard Baked Fish, Baked Sweet Potato, Roasted Cauliflower, Bread Pudding</p>	<p style="text-align: center;"><u>BREAKFAST</u> 19</p> <p>Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Noodle Soup, Hamburgers, French Fries, Dill Pickle Spears, Tapioca Pudding</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Garbanzo Bean Soup, Roasted Chicken, Honey Glazed Carrots, Scalloped Potatoes, Tres Leches Cake</p>
<p style="text-align: center;"><u>BREAKFAST</u> 20</p> <p>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Italian Wedding Soup, Tuna Salad Pita Pocket, Marinated Beet Salad, Chef's Dessert</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Cream of Mushroom, Cheese Ravioli, Mixed Vegetables, Garlic Bread, Fruit Cobbler</p>	<p style="text-align: center;"><u>BREAKFAST</u> 21</p> <p>Oatmeal, Waffles, Eggs Any Style, Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Cream of Cauliflower, Chicken Tenderloin, French Fries, Coleslaw, Fruit Jell-O</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Minestrone Soup, Swedish Meatballs, Rice Pilaf, Green Beans Almondine, Peach Turnover</p>	<p style="text-align: center;"><u>BREAKFAST</u> 22</p> <p>Oatmeal, Fresh Baked Muffins, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Navy Bean Soup, Fish Tacos, Spanish Rice, Refried Beans, Pico de Gallo, Churros</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Roasted Carrot & Ginger Soup, Shrimp Scampi, Steamed Broccoli, Garlic Bread, Lemon Meringue Pie</p>	<p style="text-align: center;"><u>BREAKFAST</u> 23</p> <p>Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Zucchini Cilantro Soup, Egg Salad Croissant, Onion Rings, Creamy Dill Cucumber Salad, Vanilla Cake</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Lentil Soup, Beef Stroganoff over Egg Noodles, Roasted Garlic Parmesan Cauliflower, Coffee Cake</p>	<p style="text-align: center;"><u>BREAKFAST</u> 24</p> <p>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p style="text-align: center;">Thanksgiving Feast</p> <p>Roasted Butternut Squash Soup Old Fashioned Roasted Turkey, Mashed Potatoes w/ Gravy, Stuffing, Green Bean Casserole, Pumpkin Pie</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Special Boxed Dinner</p> <p style="text-align: center;">Thanksgiving Day (US)</p>	<p style="text-align: center;"><u>BREAKFAST</u> 25</p> <p>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Matzo Ball Soup, Philly Cheesesteak Sandwich, Onion Rings, Potato Salad, German Chocolate Cake</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Vegetable Soup, Sicilian Fish in Tomato Sauce, Couscous, Green Beans, Lemon Bar</p>	<p style="text-align: center;"><u>BREAKFAST</u> 26</p> <p>Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Tortilla Soup, Chicken Fajitas, Spanish Rice, Refried Beans, Pico de Gallo, Guacamole, Rice Pudding</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Pinto Bean Soup, Vegetable Lasagna, Roasted Broccoli & Cauliflower, Garlic Bread, Peach Pie</p>
<p style="text-align: center;"><u>BREAKFAST</u> 27</p> <p>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Cream of Broccoli, Turkey Wrap, Potato Chips, Pasta Salad, Yellow Cake</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Split Pea Soup, Cornish Hen, Roasted Potatoes & Carrots, Banana Bread</p>	<p style="text-align: center;"><u>BREAKFAST</u> 28</p> <p>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Cabbage & Celery Soup, French Dip Sandwich, Coleslaw, Onion Rings, Fudge Brownies,</p> <p style="text-align: center;"><u>DINNER</u></p> <p>White Bean Soup, Shepherd's Pie, Roasted Eggplant, Roll, Red Velvet Cake,</p>	<p style="text-align: center;"><u>BREAKFAST</u> 29</p> <p>Oatmeal, Fresh Baked Muffins, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chef's Soup, Chicken & Cheese Enchiladas, Refried Beans, Spanish Rice, Pico de Gallo, Guacamole, Sour Cream, Flan</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Corn Chowder, Pan Grilled Fish, Sweet Baked Potato, Cilantro Rice, Chocolate Eclair</p>	<p style="text-align: center;"><u>BREAKFAST</u> 30</p> <p>Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Tomato Soup, Chef's Salad, Garlic Bread, Banana Mousse</p> <p style="text-align: center;"><u>DINNER</u></p> <p>Mushroom & Barley Soup, Pasta Bolognese, Sauteed Zucchini & Squash, Coconut Cream Pie</p>	 <h2 style="text-align: center;">HAPPY THANKSGIVING</h2> <h3 style="text-align: center;">FRIENDS & FAMILY</h3> 