

CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

August 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



BEVERAGES

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

THE MONTH OF AUGUST IS...

America Adventures Month
Black Business Month
Children's Vision & Learning Month
Family Meals Month
Get Ready for Kindergarten Month
Goat Cheese
Happiness Happens Month
Harvest Month
Immunization Awareness Month

National Catfish Month
Neurosurgery Outreach Month
Panini Month
Peach Month
Psoriasis Awareness Month
Sandwich Month
Water Quality Month
What Will be Your Legacy Month
Win With Civility Month

MENU ALTERNATIVES

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

1 **BREAKFAST**
Oatmeal, French Toast
Choice of Eggs, Meat and Fruit
LUNCH
Minestrone Soup, Pepperoni & Cheese
Pizza, Side of Caesar Salad, Banana Split
DINNER
Roasted Turkey, Cornbread Stuffing
Steamed Vegetable Capri
Vanilla Pudding

2 **BREAKFAST**
Oatmeal, Cheese Omelet, Hash Browns
Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, Cobb Salad
Dinner Roll, Fruit Parfait
DINNER
Beef Medallions, Mashed Potatoes
California Blend Vegetables
Chocolate Cake

3 **BREAKFAST**
Oatmeal, Assorted Danish
Choice of Eggs, Meat and Fruit
LUNCH
Chicken Vegetable Soup
Grilled Ham & Cheese Sandwich on
Rye Bread, Broccoli Slaw Salad, Fruit
Strawberry Short Cake
DINNER
Chicken Coq Au Vin, Wild Rice Pilaf
Sauteed Vegetable Capri
Angel Food Cake

4 **BREAKFAST**
Oatmeal, Bagel Blast, Lettuce, Tomato
Cucumber, Capers
LUNCH
Lentil Soup, Fish and Chips
Fresh Fruit, Cookies a la Mode
DINNER
Cranberry Pork Steak, Baked Sweet Yam
Steamed Vegetable Succotash
Yellow Cake w/Chocolate Frosting

5 **BREAKFAST**
Oatmeal, Fresh Pancake
Choice of Eggs, Meat and Fruit
LUNCH
Soup of the Day, Chinese Chicken Salad
Crispy Noodles, Cake of the Day
DINNER
Spaghetti Meat Sauce
Side of Garlic Bread
Steamed Broccoli & Cauliflower
Assorted Cake

6 **BREAKFAST**
Oatmeal, Fresh Baked Muffin
Choice of Eggs, Meat and Fruit
LUNCH
Beef and Vegetable Soup
Turkey Croissant Sandwich
Cucumber Tomato Salad, Fruit
Fruit Jell-O
PORTS OF CALL DINNER
Grilled Salmon, Mango & Pineapple
Sauce, Corn on the Cob, Cheese
Broccoli Floret, Honey Cake

7 **BREAKFAST**
Oatmeal, Fresh Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Chicken Gumbo Soup, Three Cheese
Spinach Ravioli, Side of Garlic Bread
Green Beans, Sponge Cake
DINNER
Chicken Marsala, Baked Sweet Yam
Sauteed Spinach, Pepper and Onions
Strawberry Short Cake

8 **BREAKFAST**
Oatmeal, French Toast
Choice of Eggs, Meat and Fruit
LUNCH
Italian Wedding Soup
Vegetable or Cheese Quesadilla
Fresh Guacamole, Pico de Gallo
Sour Cream, Banana Split
DINNER
Pot Roast Au Jus, Mashed Potatoes
Steamed Mixed Vegetables, Fruit Cobbler

9 **BREAKFAST**
Oatmeal, Denver Omelet
Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, South Western Chicken
Salad, Crispy Tortilla Chips
Fruit Parfait
DINNER
Baked White Fish, Side of Orzo Pilaf
Steamed Cauliflower
Orange Cake

10 **BREAKFAST**
Oatmeal, Assorted Puff Pastry
Choice of Eggs, Meat and Fruit
LUNCH
Garbanzo Bean Soup
Turkey Patty Melt
Crispy Onion Rings, Fruit
Banana Cream Cake
DINNER
Shrimp Scampi, Vegetable Wild Rice
Sauteed Edamame Succotash
Carrot Cake

11 **BREAKFAST**
Oatmeal, Bagel Blast
Lettuce, Tomato, Cucumber, Capers
LUNCH
Cream of Butternut Squash Soup
Cobb Salad, Dinner Roll, Cheese Cake
DINNER
Beef Lasagna, Garlic Bread
Italian Blend Vegetables
Chocolate Cake

12 **BREAKFAST**
Oatmeal, Buttermilk Pancake
Choice of Eggs, Meat and Fruit
LUNCH
Split Pea Soup
Salmon Patty, Crispy French Fries
Fruit, Cake of the Day
DINNER
BBQ Pork Ribs, Corn on the Cob
Baked Beans, Assorted Dessert

13 **BREAKFAST**
Oatmeal, Banana Muffin
Choice of Eggs, Meat and Fruit
LUNCH
Vegetable Noodle Soup
Cheese Enchiladas, Refried Beans, Fresh
Guacamole, Pico de Gallo, Sour Cream
Fruit Jell-O
PORTS OF CALL DINNER
Hawaiian Baked Chicken
Side of Mac Salad
Steamed Tri Color Blend Vegetables
Hawaiian Dream Dessert Cup

14 **BREAKFAST**
Oatmeal, Buttermilk Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Cream of Spinach Soup, Roast Beef
Sandwich, Three Bean Salad, Fruit
Carrot Cake
DINNER
Roasted Turkey, Cornbread Stuffing
Sauteed Edamame, Pepper & Onions
Chocolate Eclairs

15 **BREAKFAST**
Oatmeal, French Toast
Choice of Eggs, Meat and Fruit
LUNCH
Garbanzo Bean Soup, Chicken Lo Mein
Oriental Vegetables, Egg Custard
DINNER
Poached White Fish
Barley, Vegetable Pilaf
Grilled Zucchini, Yellow Squash
Cookies ala Mode

16 **BREAKFAST**
Oatmeal, Poached Eggs
Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, Trio Salad Plate
Dinner Roll, Orange Cake
DINNER
Beef Brisket
Steamed Red Potatoes and Parsley
Braised Cabbage
Fruit Crisp

17 **BREAKFAST**
Oatmeal, Cinnamon Roll
Choice of Meat and Fruit
LUNCH
Vegetable and Rice Soup
Vegetable Quiche, Side of Greek Salad
Sponge Cake w/Chocolate Sauce
DINNER
Seared Shrimp w/Tomato Basil, Garlic
w/White Sauce, Egg Noodles
Steamed Summer Vegetables
Banana Cream Cake

18 **BREAKFAST**
Oatmeal, Bagel Blast
Lettuce, Tomato, Cucumber, Capers
LUNCH
Cream of Broccoli Soup
Reuben Sandwich, Crispy French Fries
Fruit, Chocolate Cream Cake
DINNER
BBQ Pork Ribs
Corn on the Cob, Baked Beans
Assorted Cake of the Day

19 **BREAKFAST**
Oatmeal, Fresh Pancake
Choice of Eggs, Meat and Fruit
LUNCH
French Onion Soup
Spinach Tree Cheese Ravioli
Steamed Broccoli, Ple of the Day
DINNER
Roasted Turkey, Cornbread Stuffing
Sauteed Red Chard and Spinach
Assorted Cake of the Day

20 **BREAKFAST**
Oatmeal, Fresh Baked Muffin
Scrambled Eggs, Sausage
LUNCH
Lentil Soup, Lemon Herb Mediterranean
Chicken Salad, Sweet Dinner Roll
Fruit Jell-O
PORTS OF CALL DINNER
Grilled Salmon w/Mango Pineapple Salsa
Hawaiian Rice, Caramelized Brussel
Sprouts, Hawaiian Wedding Cake

21 **BREAKFAST**
Oatmeal, Fresh Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Mushroom and Barley Soup
Cheese Blintz, Waldorf Salad
Egg Custard
DINNER
Beef Tenderloin Medallions, Baked Potato
Steamed Blend Vegetables
Carrot Cake

22 **BREAKFAST**
Oatmeal, French Toast
Choice of Eggs, Meat and Fresh Fruit
LUNCH
Cream of Butternut Squash Soup
Egg Salad, Lettuce & Tomato Croissant
Sandwich, Vegetable Cole Slaw Salad
Banana Split
DINNER
Grilled Herb Crusted Tilapia
Baked Sweet Yam, Grilled Zucchini
Yellow Squash, Lemon Cake

23 **BREAKFAST**
Oatmeal, Turkey and Cheese Omelet
Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, Orange Chicken
Over Steamed Rice and Vegetables
Sponge Cream Cake
DINNER
London Broil, Red Smashed Potatoes
Steamed Broccoli
Pie of the Day

24 **BREAKFAST**
Oatmeal, Assorted Donuts
Choice of Meat and Fruit
LUNCH
Chunky Tomato Soup
Vegetable or Cheese Quesadilla
Fresh Guacamole, Pico de Gallo
Sour Cream, Ice Cream Sandwich
DINNER
Turkey Pot Pie, Side of Corn Salad
Steamed Cauliflower and Carrots
German Chocolate Cake

25 **BREAKFAST**
Oatmeal, Bagel Blast, Lettuce, Tomato
Cucumber, Capers
LUNCH
Split Pea Soup, Fish & Chips, Fruit Salad
Pound Cake w/Strawberry Topping
DINNER
Meatball Stroganoff
Egg Noodles w/Garlic, Butter, Wine Sauce
Steamed Broccoli and Carrots
Boston Cream Pie

26 **BREAKFAST**
Oatmeal, Fresh Pancake
Choice of Eggs, Meat and Fruit
LUNCH
Mushroom Soup
Pepperoni, Cheese Pizza, Side of Caesar
Salad, Cheese Cake
DINNER
Hoeny Mustard Chicken, Side of Barley
Pilaf, Grilled Zucchini, Yellow Squash
Assorted Cake

27 **BREAKFAST**
Oatmeal, Fresh Baked Muffin
Scrambled Eggs, Sausage
PORTS OF CALL LUNCH
Grilled Hawaiian Steak Kabobs
Stuffed Sweet Potato
Oven Roasted Vegetables Medley
Pie of the Day
DINNER
Italian Wedding Soup, Chef's Salad
Dinner Roll, Fruit Jell-O

28 **BREAKFAST**
Oatmeal, Fresh Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Cream of Pumpkin Soup
Stuffed Cheese Pasta Shells
Steamed Broccoli, Side of Garlic Bread
Lemon Cake
DINNER
Sweet & Sour Pork Spare Ribs
Corn on the Cob, Baked Beans
Assorted Dessert

29 **BREAKFAST**
Oatmeal, French Toast
Choice of Eggs, Meat and Fruit
LUNCH
Minestrone Soup, Crab Cakes
Side of Mixed Green Salad
Banana Split
DINNER
Pot Roast, Mashed Potatoes
Sauteed Red Chard,
Spinach and Pimentos
Vanilla Pudding

30 **BREAKFAST**
Oatmeal, Cheese Omelet, Hash Browns
Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, Club Sandwich
French Fries, Fruit, Fruit Parfait
DINNER
Chicken Cacciatore
Wild Rice Pilaf, Sauteed Capri
Chocolate Cake

31 **BREAKFAST**
Oatmeal, Assorted Donuts
Choice of Meat and Fruit
LUNCH
Chicken Vegetable Soup
Deli Plate, Choice of Tuna or Egg Salad
Dinner Roll, Cookies ala Mode
DINNER
Roasted Turkey, Cornbread Stuffing
Steamed Green Beans, Apple Pie

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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