

# CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

# February 2019

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

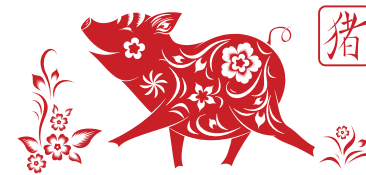
**BEVERAGES**

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

**THE MONTH OF FEBRUARY IS...**

- American Heart Month
- An Affair to Remember Month
- Black History Month
- Canned Food Month
- Creative Romance Month
- Great American Pies Month
- National Bird Feeding Month
- National Cherry Month

- National Embroidery Month
- National Grapefruit Month
- National Heart Month
- National Hot Breakfast Month
- National Library Lover's Month
- National Self Check Month
- National Snack Food Month
- National Weddings Month



- 1** **BREAKFAST**  
 Oatmeal, Sausage & Cheese Omelet  
 Hash Browns, Choice of Meat and Fruit  
**LUNCH**  
 Matzo Ball Soup, Cobb Salad  
 Dinner Roll, Strawberry Parfait  
**DINNER**  
 Beef Brisket  
 Steamed Red Potatoes  
 Braised Cabbage  
 Tapioca Pudding

- 2** **BREAKFAST**  
 Oatmeal, Assorted Danish  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Chicken Vegetable Soup  
 Vegetable Lasagna, Steamed Peas and  
 Carrots, Chocolate Cake  
**DINNER**  
 Ranch Baked Chicken  
 Saffron Rice, Steamed Broccoli  
 Banana Cake

- 3** **BREAKFAST**  
 Oatmeal, Bagel Blast, Lettuce, Tomato  
 Cucumber, Capers  
**LUNCH**  
 Lentil Soup, Vegetable Quiche  
 Mixed Green Salad  
 Sunday Sundae  
**DINNER**  
 Cranberry Pork Loin Steak, Half Baked  
 Potato, Steamed Vegetable Succotash  
 Yellow Cake w/Chocolate Frosting

- 4** **BREAKFAST**  
 Oatmeal, Fresh Pancake  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Soup of the Day  
 Chinese Chicken Salad, Crispy Noodles  
 Carrot Cake  
**DINNER**  
 Spaghetti Meat Sauce, Garlic Bread  
 Steamed Green Peas and Onions  
 Honey Cake

- 5** *Chinese New Year*  
**BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Choice of Eggs, Meat, and Fruit  
**LUNCH**  
 Beef and Vegetable Soup  
 Turkey Melt, Three Bean Salad  
 Side of Fruit, Cake of the Day  
**DINNER**  
 Grilled Tilapia, Rice Pilaf  
 California Blend Vegetables  
 Fruit Cobbler

- 6** **BREAKFAST**  
 Oatmeal, Fresh Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Chicken Gumbo Soup  
 Crispy Chicken Tenderloin, Potato Salad  
 Watermelon, Sponge Cake  
**DINNER**  
 Veal Patty Piccata, Side of Quinoa Salad  
 Steamed Mixed Vegetables  
 Strawberry Short Cake

- 7** **BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Italian Wedding Soup, Three Cheese  
 Manicotti, Garlic Bread  
 Steamed Broccoli, Fruit Jell-O  
**DINNER**  
 London Broil, Scalloped Potatoes  
 Sautéed Spinach w/Tomatoes  
 Apple Cobbler

- 8** **BREAKFAST**  
 Oatmeal, Denver Omelet  
 Choice of Meat and Fruit  
**LUNCH**  
 Matzo Ball Soup, Chef's Salad  
 Dinner Roll  
 Orange Cake  
**DINNER**  
 Lemon Herb Baked Chicken  
 Baked Butternut Squash, Steamed  
 Carrots and Parsley, Chocolate Cake

- 9** **BREAKFAST**  
 Oatmeal, Assorted Puff Pastry  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Black Bean Soup, Egg Salad Croissant  
 Sandwich, Cole Slaw Salad, Fruit  
 Banana Cream Cake  
**DINNER**  
 Shrimp Stir-Fried, Over Steamed Rice  
 Oriental Vegetable  
 Carrot Cake

- 10** **BREAKFAST**  
 Oatmeal, Bagel Blast, Lettuce, Tomato  
 Cucumber, Capers  
**LUNCH**  
 Cream of Butternut Soup, Vegetable  
 Quiche, Mixed Green Salad  
 Chocolate Cake  
**DINNER**  
 Stuffed Beef Cabbage Roll, Garlic Bread  
 Italian Blend Vegetables  
 Fruit Cobbler

- 11** **BREAKFAST**  
 Oatmeal, Buttermilk Pancakes  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Split Pea Soup, Fish and Chips  
 Dill Pickle Spears, Cake of the Day  
**DINNER**  
 BBQ Pork Ribs  
 Corn on the Cob, Baked Beans  
 Pie of the Day

- 12** **BREAKFAST**  
 Oatmeal, Banana Muffin  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Vegetable Noodle Soup  
 Pepperoni or Cheese Pizza  
 Mixed Green Salad, Banana Cake  
**DINNER**  
 Roasted Boneless Leg of Lamb  
 Roasted Garlic Mashed Potatoes  
 Steamed Blend Vegetables  
 Pie of the Day

- 13** **BREAKFAST**  
 Oatmeal, Buttermilk Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Spinach Soup  
 Egg Salad Pocket, Cucumber Tomato  
 Salad, Fresh Fruit, Pistachio Ice Cream  
**DINNER**  
 Catch of the Day, Corn Souffle and  
 Grilled Zucchini, Yellow Squash and  
 Peppers, Red Velvet

- 14** **BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fresh Fruit  
**VALENTINE'S DAY LUNCH**  
 Beef Tenderloin w/Baked Potato  
 Green Beans Almondine  
 Cheese Cake  
**DINNER**  
 Sweet and Sour Soup  
 Chicken Lo Mein, Chinese Vegetables  
 Ice Cream Sandwich

- 15** **BREAKFAST**  
 Oatmeal, Poached Eggs  
 Choice of Meat and Fruit  
**LUNCH**  
 Matzo Balls Soup, Cheese Enchiladas  
 Spanish Rice, Refried Beans  
 Pico de Gallo, Sour Cream  
 Banana Split  
**DINNER**  
 Turkey ala King, Biscuits  
 Mixed Blend Vegetables, Fruit Cobbler

- 16** **BREAKFAST**  
 Oatmeal, Cinnamon Roll  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Vegetables & Rice Soup  
 Grilled Ham & Cheese on Rye  
 French Fries, Fruit, Sponge Cake  
 w/Chocolate Sauce  
**DINNER**  
 Artichoke Chicken  
 Baked Sweet Yam, Sautéed Lima Beans  
 Orange Cake

- 17** **BREAKFAST**  
 Oatmeal, Bagel Blast  
 Lettuce, Tomato, Cucumber, Capers  
**LUNCH**  
 Cream of Asparagus Soup  
 Turkey Patty Melt, French Fries and Fruit  
 Tiramisu  
**DINNER**  
 Shrimp Pasta Primavera, Spaghetti Marina  
 Sauce, Winter Blend Vegetables  
 Assorted Cakes of the Day

- 18** *President's Day*  
**BREAKFAST**  
 Oatmeal, Fresh Pancake  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 French Onion Soup, Chicken Salad Wrap  
 Vegetable Cole Salad, Watermelon  
 Pie of the Day  
**DINNER**  
 Beef Pot Pie, Garlic Bread, Steamed  
 Blend Vegetables, Blueberry Cobbler

- 19** **BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Lentil Soup, Italian Chopped Salad  
 Dinner Roll, Banana Split  
**DINNER**  
 Lamb Vegetable Stew  
 Mixed Vegetables  
 Bread Pudding

- 20** **BREAKFAST**  
 Oatmeal, Fresh Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Mushroom and Barley Soup  
 Club Sandwich, Beet Salad, Fresh Fruit  
 Fruit Jell-O  
**DINNER**  
 Poached White Fish  
 Baked Sweet Yam  
 Sautéed Green Beans  
 Pineapple Cake

- 21** **BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fresh Fruit  
**LUNCH**  
 Cream of Butternut Squash Soup  
 Pesto Chicken Flatbread, House Salad  
 Pumpkin Pie  
**DINNER**  
 Glazed Baked Ham, Corn on the Cob  
 Sautéed Spinach w/Tomato & Onions  
 Lemon Cake

- 22** **BREAKFAST**  
 Oatmeal, Turkey and Cheese Omelet  
 Choice of Meat and Fruit  
**LUNCH**  
 Matzo Ball Soup, Cheese Blintz  
 Waldorf Salad  
 Strawberry Cake  
**DINNER**  
 Pot Roast, Mashed Potatoes  
 Steamed Green Peas  
 Banana Cake

- 23** **BREAKFAST**  
 Oatmeal, Assorted Donuts  
 Choice of Meat and Fruit  
**LUNCH**  
 Chunky Tomato Soup, Tuna Melt  
 Crispy Onion Rings, Fresh Fruit  
 Assorted Cakes  
**DINNER**  
 Grilled Ziti w/Italian Smoked Sausage,  
 Mixed Blend Vegetables  
 Cookies ala Mode

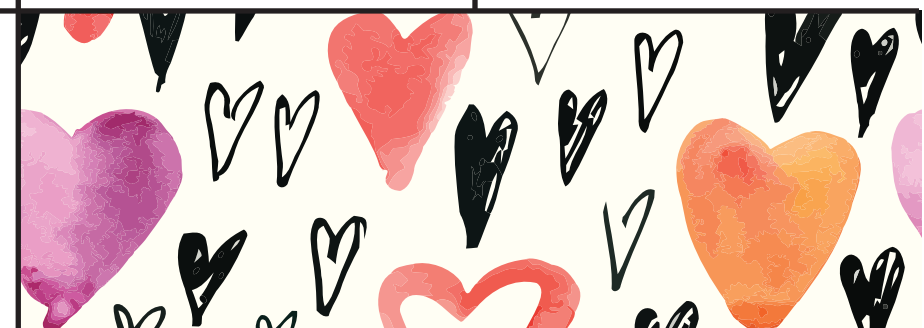
- 24** **BREAKFAST**  
 Oatmeal, Bagel Blast  
 Lettuce, Tomato, Cucumber, Capers  
**LUNCH**  
 Split Pea Soup, Grilled Chicken  
 Caesar Salad, Crispy Croutons  
 German Chocolate Cake  
**DINNER**  
 Beef Goulash, Garlic Bread  
 Sautéed Vegetable Ratatouille  
 Boston Cream Pie

- 25** **BREAKFAST**  
 Oatmeal, Fresh Pancakes  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Mushroom Soup, Seafood Salad Wrap  
 Carrot Slaw Salad, Fruit  
 Cheese Cake  
**DINNER**  
 Veal Patty w/Mushroom Sauce  
 Mashed Potatoes, Steamed Broccoli  
 Strawberry Cake

- 26** **BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Scrambled Eggs, Sausage  
**LUNCH**  
 Italian Wedding Soup, Turkey Melt  
 Crispy Onion Rings, Fruit  
 Banana Split  
**DINNER**  
 Three Cheese Ravioli, Pizza Bread  
 Sautéed Brussel Sprouts  
 Rice Pudding

- 27** **BREAKFAST**  
 Oatmeal, Fresh Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Pumpkin Soup  
 Chicken Tenderloin w/Ranch Dressing  
 Potato Salad, Fruit, Pecan Pie  
**DINNER**  
 BBQ Pork Ribs, Corn on the Cob  
 Baked Beans  
 Assorted Dessert

- 28** **BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fresh Fruit  
**LUNCH**  
 Minestrone Soup, Egg Salad Croissant  
 Sandwich, Three Bean Salad  
 Fruit Jell-O  
**DINNER**  
 Baked Catch of the Day, Baked Sweet  
 Yam, Steamed Winter Vegetables  
 Red Velvet Cake



**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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