

CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

January 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THE MONTH OF JANUARY IS...

Cervical Health Awareness Month
It's Okay to be Different Month
National Bath Safety Month
National Blood Donor Month
National Book Month
National Braille Literacy Month
National Creativity Month
National Get Organized Month

National Hobby Month
National Mentoring Month
Hot Tea Month
National Oatmeal Month
National Soup Month
High-Tech Month
Reaching Your Potential Month
Thyroid Awareness Month

6 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

7 BREAKFAST
Oatmeal, Fresh Pancake
Choice of Eggs, Meat and Fruit
LUNCH
Potato Leek Soup, Cobb Salad
Dinner Roll, Tiramisu
DINNER
Spaghetti Meat Sauce, Side of Garlic
Bread, Steamed Green Peas and
Onions, Honey Cake

13 BREAKFAST
Oatmeal, Bagel Blast, Lettuce, Tomato
Cucumber, Capers
LUNCH
Cream of Butternut Soup, Chicken Salad
Croissant Sandwich, Cole Slaw Salad
Fruit, Chocolate Cake
DINNER
Stuffed Beef Cabbage Roll, Garlic Bread
Italian Blend Vegetables
Fruit Cobbler

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

20 BREAKFAST
Oatmeal, Bagel Blast
Lettuce, Tomato, Cucumber, Capers
LUNCH
Cream of Asparagus Soup
Vegetable Quiche, Garden Salad
Tiramisu
DINNER
Shrimp Pasta Primavera, Side of Spaghetti
Marina Sauce, Winter Blend Vegetables
Assorted Cakes of the Day

21 *Martin Luther King, Jr.
Birthday (observed)*
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

27 BREAKFAST
Oatmeal, Bagel Blast
Lettuce, Tomato, Cucumber, Capers
LUNCH
Split Pea Soup, Chinese Chicken Salad
Crispy Noodles
German Chocolate Cake
DINNER
Jambalaya, Garlic Bread
Steamed Cauliflower
Boston Cream Pie

28 BREAKFAST
Oatmeal, Fresh Pancake
Choice of Eggs, Meat and Fruit
LUNCH
Mushroom Soup, Chili Con Carne
w/Beans, Baked Potato and Vegetables
Cheese Cake
DINNER
Veal Patty w/Mushroom Sauce
Mashed Potatoes, Steamed Broccoli
Strawberry Cake

1 *New Year's Day*
BREAKFAST
Oatmeal, Fresh Baked Muffin
Choice of Eggs, Meat, and Fruit
LUNCH
Italian Wedding Soup, Seafood Cakes
Mixed Green Salad
Banana Split
DINNER
Veal Osso Bucco, Mashed Potatoes
Steamed Broccoli Carrot Cake

8 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

15 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

22 BREAKFAST
Oatmeal, Banana 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

29 BREAKFAST
Oatmeal, Fresh Baked Muffin
Scramble Eggs, Sausage
LUNCH
Italian Wedding Soup, Seafood Salad
Wrap, Carrot Slaw Salad, Fruit
Banana Split
DINNER
Three Cheese Ravioli, Side of Pizza Bread
Sauteed Brussel Sprouts
Rice Pudding

2 BREAKFAST
Oatmeal, Fresh Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Summer Squash Soup, Grilled Chicken
Greek Salad, Kale Pesto Pita Bread
Lemon Meringue Pie
DINNER
BBQ Pork Ribs, Corn on the Cob
Baked Beans, Rice Pudding

9 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
Steamed Mixed Vegetables
Strawberry Short Cake

16 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
Beef Tenderloin Steak, Couscous Salad
Steamed Green Beans
Tapioca Pudding

23 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
Sauteed Green Beans
Pineapple Cake

30 BREAKFAST
Oatmeal, Fresh Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Cream of Pumpkin Soup
Chicken Stir-Fried over Steamed Rice
and Oriental Vegetables, Pecan Pie
DINNER
BBQ Pork Ribs, Corn on the Cob
Baked Beans
Assorted Dessert

3 BREAKFAST
Oatmeal, French Toast
Choice of Eggs, Meat and Fruit
LUNCH
Minestrone Soup
Egg Salad Croissant, Cole Slaw Salad
Fruit, Fruit Jell-O
DINNER
Spaghetti Meatballs, Side of Garlic
Bread, Blend Vegetable Capri
Red Velvet Cake

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

17 BREAKFAST
Oatmeal, French Toast
Choice of Eggs, Meat and Fresh Fruit
LUNCH
Garbanzo Bean Soup
Chicken Lo Mein, Chinese Vegetables
Ice Cream Sandwich
DINNER
Catch of the Day, Corn Souffle
Grilled Zucchini, Yellow Squash &
Tomatoes, Red Velvet

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

31 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

4 BREAKFAST
Oatmeal, Sausage & Cheese Omelet
Hash Browns, Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, Vegetables or Cheese
Quesadilla, Fresh Guacamole, Pico de
Gallo, Sour Cream, Strawberry Parfait
DINNER
Baked Catch of the Day, Paprika Red
Potatoes, Sauteed Spinach & Tomatoes
Fresh Cookies

11 BREAKFAST
Oatmeal, Denver Omelet
Choice of Meat and Fruit
LUNCH
New England Clam Chowder
Chef's Salad, Dinner Roll
Orange Cake
DINNER
Lemon Herbs Baked Chicken
Baked Butternut Squash, Steamed
Carrots & Parsley, Chocolate Cake

18 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, Side of Biscuits
Mixed Blend Vegetables, Fruit Cobbler

25 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

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

5 BREAKFAST
Oatmeal, Coffee Cake
Choice of Eggs Meat and Fruit
LUNCH
Vegetable Noodles Soup, Beef Patty
Melt, Crispy Onion Rings, Side of
Watermelon, Pound Cake
DINNER
Chicken Marsala, Baked Sweet Yam
Steamed Winter Vegetable
Banana Cake

12 BREAKFAST
Oatmeal, Assorted Puff Pastry
Choice of Eggs, Meat and Fruit
LUNCH
Black Bean Soup, Vegetable Lasagna
Steamed Cauliflower
Banana Cream Cake
DINNER
Shrimp Stir-Fried, Over Steamed Rice
Oriental Vegetable
Carrot Cake

19 BREAKFAST
Oatmeal, Cinnamon Roll
Choice of Eggs, Meat and Fruit
LUNCH
Vegetables & Rice Soup
Grilled Ham & Cheese
French Fries, Fruit, Angel Food Cake
DINNER
Artichoke Chicken
Baked Sweet Yam, Sauteed Lima Beans
Orange Cake

26 BREAKFAST
Oatmeal, Assorted Donuts
Choice of Meat and Fruit
LUNCH
Chunky Tomato Soup, Tuna Melt
Crispy Onion Rings, Fresh Fruit
Assorted Cake
DINNER
Grilled Italian Sausage w/Pepper, Onions
& Sauerkraut, Spaghetti Marinara Sauce
Mixed Blend Vegetables
Cookies ala Mode

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

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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