

# CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

# November 2018

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



**THE MONTH OF NOVEMBER IS...**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>Adopt a Senior Pet Month</li> <li>Diabetic Eye Disease Month</li> <li>Family Stories Month</li> <li>Inspirational Role Models Month</li> <li>Long-term Care Awareness Month</li> <li>Lung Cancer Awareness Month</li> <li>Military Family Appreciation Month</li> <li>National Adoption Month</li> <li>National Alzheimer's Disease Month</li> <li>National Gratitude Month</li> </ul> | <ul style="list-style-type: none"> <li>National Family Literacy Month</li> <li>National Peanut Butter Lovers Month</li> <li>National Pepper Month</li> <li>National Raisin Bread Month</li> <li>National Roasting Month</li> <li>National Scholarship Month</li> <li>PTA Healthy Lifestyles Month</li> <li>Spinach and Squash Month</li> <li>Sweet Potato Awareness Month</li> <li>Vegan Month</li> </ul> |
|---|---|

**4 Daylight Savings Ends**  
**BREAKFAST**  
 Oatmeal, Bagel Blast, Lettuce, Tomato  
 Cucumber, Capers  
**LUNCH**  
 Turkey Rice Soup, Vegetable Quiche  
 Side of Mixed Green Salad  
 Sunday Sundae  
**DINNER**  
 BBQ Pork Ribs  
 Corn on the Cob, Baked Beans  
 Yellow Cake w/Chocolate Frosting

**5**  
**BREAKFAST**  
 Oatmeal, Fresh Pancake  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Potato Leek Soup, Turkey Patty Melt  
 Crispy Onion Rings & Fruit  
 Tiramisu  
**DINNER**  
 Spaghetti & Meatballs, Garlic Bread  
 Steamed Green Peas and Pearl Onions  
 Honey Cake

**6 Election Day**  
**BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Choice of Eggs, Meat, and Fruit  
**LUNCH**  
 Lentil Soup, Chicken Skewers  
 Wild Rice Pilaf, Steamed Vegetables  
 Cake of the Day  
**DINNER**  
 Roasted Boneless Leg of Lamb  
 Roasted Garlic Mashed Potatoes  
 Sauteed Asparagus, Fruit Cobbler

**7**  
**BREAKFAST**  
 Oatmeal, Fresh Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Chicken Gumbo Soup  
 Grilled Salmon Salad  
 Sponge Cake  
**DINNER**  
 Roasted Turkey, Cornbread Stuffing  
 California Blend Vegetables  
 Strawberry Short Cake

**8**  
**BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Italian Wedding Soup  
 Chicken Tenderloin, French Fries  
 Fruit, Fruit Jell-O  
**DINNER**  
 London Broil, Mashed Potatoes  
 Braised Cabbage  
 Apple Cobbler

**9**  
**BREAKFAST**  
 Oatmeal, Denver Omelet  
 Choice of Meat and Fruit  
**LUNCH**  
 New England Clam Chowder  
 Vegetable or Cheese Quesadilla  
 Fresh Guacamole  
 Pico de Gallo, Sour Cream  
 Orange Cake  
**DINNER**  
 Shrimp Alfredo Sauce over White Rice  
 Steamed Broccoli, Chocolate Cake

**10**  
**BREAKFAST**  
 Oatmeal, Cinnamon Roll  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Black Bean Soup  
 Grilled Ham and Cheese Sandwich  
 Vegetable Cole Slaw, Fresh Fruit  
**DINNER**  
 Roasted Pork Tenderloin  
 Garden Mashed Potatoes, Steamed  
 Mixed Vegetables, Carrot Cake

**11**  
**BREAKFAST**  
 Oatmeal, Bagel Blast, Lettuce, Tomato  
 Cucumber, Capers  
**LUNCH**  
 Cream of Butternut Soup, Vegetable  
 Quiche, Side of Mixed Green Salad  
 Chocolate Cake  
**DINNER**  
 Veal Piccata, Garden Wild Rice  
 Sauteed Spinach  
 Fruit Cobbler

**12 Veterans Day**  
**BREAKFAST**  
 Oatmeal, Buttermilk Pancakes  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Split Pea Soup, Roast Beef Sandwich  
 Crispy Onion Rings, Fresh Fruit  
 Cake of the Day  
**DINNER**  
 Roasted Turkey, Cornbread Stuffing  
 Steamed Broccoli, Pie of the Day

**13**  
**BREAKFAST**  
 Oatmeal, Banana Muffin  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Vegetable Noodle Soup, Shrimp Stir-Fried  
 Vegetables, Steamed Rice  
 Banana Cake  
**DINNER**  
 BBQ Pork Ribs, Corn on the Cob  
 Baked Beans, Pie of the Day

**14**  
**BREAKFAST**  
 Oatmeal, Buttermilk Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Spinach Soup, Cobb Salad  
 Dinner Roll, Pistachio Ice Cream  
**DINNER**  
 Filet Mignon Medallions, Baked Potatoes  
 Steamed Mixed Vegetables  
 Tapioca Pudding

**15**  
**BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fresh Fruit  
**LUNCH**  
 Matzo Ball Soup  
 Chicken Lo Mein, Chinese Vegetables  
 Ice Cream Sandwich  
**DINNER**  
 Roasted Turkey, Cornbread Stuffing  
 Steamed Broccoli, Red Velvet Cake

**16**  
**BREAKFAST**  
 Oatmeal, Poached Eggs  
 Choice of Meat and Fruit  
**LUNCH**  
 Mushroom and Barley Soup  
 Poached White Fish over Steamed Rice  
 Spinach, Banana Split  
**DINNER**  
 Lamb Vegetable Stew, Side of Couscous  
 Mixed Blend Vegetables  
 Fruit Cobbler

**17**  
**BREAKFAST**  
 Oatmeal, Cinnamon Roll  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Potato Chowder  
 Reuben Sandwich, French Fries, Fruit  
 Angel Food Cake  
**DINNER**  
 Artichoke Chicken  
 Baked Sweet Yam  
 Sauteed Lima Beans  
 Orange Cake

**18**  
**BREAKFAST**  
 Oatmeal, Bagel Blast  
 Lettuce, Tomato, Cucumber, Capers  
**LUNCH**  
 Cream of Asparagus Soup  
 Seafood Salad, Croissant Sandwich  
 Carrot Slaw, Fruit, Tiramisu  
**DINNER**  
 Spaghetti & Meatballs  
 Garlic Bread, Steamed Peas & Carrots  
 Assorted Cake of the Day

**19**  
**BREAKFAST**  
 Oatmeal, Fresh Pancake  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Roasted Pepper and Tomato Soup  
 Pesto Chicken Flatbread  
 Side of Mixed Green Salad  
 Pie of the Day  
**DINNER**  
 Roasted Turkey, Cornbread Stuffing  
 Steamed Broccoli, Blueberry Cobbler

**20**  
**BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Lentil Soup, Italian Chopped Salad  
 Dinner Roll, Banana Split  
**DINNER**  
 Roasted Leg of Lamb, Lyonnaise  
 Potatoes, Sauteed Spinach & Tomatoes  
 Bread Pudding

**21**  
**BREAKFAST**  
 Oatmeal, Fresh Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Mushroom and Barley Soup  
 Crispy Chicken Tenderloin  
 Vegetable Cole Slaw, Fruit  
 Fruit Jello-O  
**DINNER**  
 Teriyaki Beef Skewers, Quinoa Salad  
 Steamed California Blend Veggies  
 Pineapple Cake

**22 Thanksgiving**  
**BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fresh Fruit  
**LUNCH**  
 Cream of Pumpkin Soup, Roasted Turkey  
 Cornbread Stuffing, Sauteed Green Beans  
 Pumpkin Pie  
**DINNER**  
 Seafood Croissant Sandwich  
 Tomato, Cucumber Salad, Side of  
 Watermelon, Lemon Cake

**23**  
**BREAKFAST**  
 Oatmeal, Turkey and Cheese Omelet  
 Choice of Meat and Fruit  
**LUNCH**  
 Matzo Ball Soup, Stuffed Three Cheese  
 Manicotti, Grilled Vegetables  
 Strawberry Cake  
**DINNER**  
 Veal Steak Parmigiana, Baked Potato  
 Sauteed Brussel Sprouts  
 Banana Cake

**24**  
**BREAKFAST**  
 Oatmeal, Assorted Danish  
 Choice of Meat and Fruit  
**LUNCH**  
 Cream of Tomato Soup  
 Grilled Cheese, Turkey & Grilled  
 Tomatoes, Broccoli Cole Slaw Salad  
 Fresh Fruit, Assorted Cake  
**DINNER**  
 Chicken & Artichokes, Rice Pilaf  
 Sauteed Lima Beans, Cookies a la Mode

**25**  
**BREAKFAST**  
 Oatmeal, Bagel Blast  
 Lettuce, Tomato, Cucumber, Capers  
**LUNCH**  
 Split Peas Soup, Crispy Crusted Shrimp  
 Rice Pilaf & Vegetables  
 German Chocolate Cake  
**DINNER**  
 Stuffed Beef Cabbage Roll  
 Garlic Bread, Steamed Cauliflower  
 Boston Cream Pie

**26**  
**BREAKFAST**  
 Oatmeal, Fresh Pancake  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Chicken Tortilla Soup, Reuben Sandwich  
 Crispy French Fries, Side of Watermelon  
 Cheese Cake  
**DINNER**  
 BBQ Pork Baby Back Ribs  
 Corn on the Cob, Baked Beans  
 Strawberry Cake

**27**  
**BREAKFAST**  
 Oatmeal, Fresh Baked Muffin  
 Scramble Eggs, Sausage  
**LUNCH**  
 Italian Wedding Soup  
 Chinese Chicken Salad, Crispy Noodles  
 Banana Split  
**DINNER**  
 Roasted Turkey, Cornbread Stuffing  
 Sauteed Brussel Sprouts  
 Rice Pudding

**28**  
**BREAKFAST**  
 Oatmeal, Fresh Waffles  
 Choice of Eggs, Meat and Fruit  
**LUNCH**  
 Cream of Pumpkin Soup, Seafood Cakes  
 Mixed Green Salad, Pecan Pie  
**DINNER**  
 Slow Cooked Beef Stew Bread Bowl  
 Side of Eggplant Parmesan  
 Steamed Vegetables Capri  
 Assorted Dessert

**29**  
**BREAKFAST**  
 Oatmeal, French Toast  
 Choice of Eggs, Meat and Fresh Fruit  
**LUNCH**  
 Minestrone Soup, Pepperoni or Cheese  
 Pizza, Side of Caesar Salad, Fruit Jell-O  
**DINNER**  
 Rosemary Roasted Boneless Leg of Lamb  
 Mashed Potatoes, Grilled Asparagus  
 Red Velvet Cake

**30**  
**BREAKFAST**  
 Oatmeal, Turkey and Cheese Omelet  
 Choice of Meat and Fruit  
**LUNCH**  
 Matzo Ball Soup, Egg Salad Croissant  
 Crispy Onion Rings, Fruit  
 Fruit Parfait  
**DINNER**  
 Roasted Turkey, Cornbread Stuffing  
 Braised Cabbage  
 Tapioca Pudding

**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.

lic: 197609072