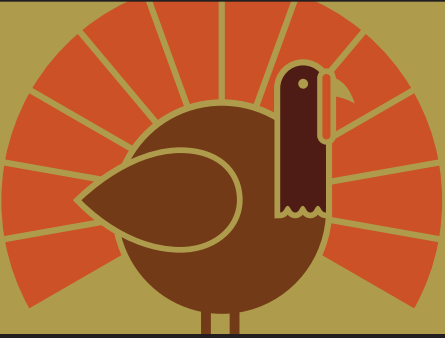


CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

November 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	THE MONTH OF NOVEMBER IS... Adopt a Senior Pet Month Aviation History Month Family Stories Month Gluten-Free Diet Awareness Month Lung Cancer Awareness Month Movember Military Family Month National Adoption Month National Diabetes Month National Family Caregivers Month National Fun with Fondue Month National Gratitude Month National Life Writing Month National Novel Writing Month National Peanut Butter Lovers Month National Pepper Month National Pomegranate Month National Roasting Month National Scholarship Month Vegan Month			BEVERAGES Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade	1 BREAKFAST Oatmeal, Cheese Omelet Hash Browns, Choice of Meat and Fruit LUNCH Matzo Ball Soup, Club Sandwich Broccoli Cole Slaw Salad, Fruit Fruit Parfait DINNER Beef Brisket, Boiled Red Skin Potatoes Braised Cabbage Chocolate Cake	2 BREAKFAST Oatmeal, Assorted Danish Choice of Eggs, Meat and Fruit LUNCH Lentil Soup, Deli Plate Choice Chicken or Egg Salad Dinner Roll, Cookies a la Mode DINNER Veal Salisbury Steak Fennel Mashed Potato Steamed Mixed Vegetable Apple Pie
3 <i>Daylight Saving Time Ends</i> BREAKFAST Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers LUNCH Garbanzo Bean, Mixed Veggie Soup Reuben Sandwich Crispy Zucchini Stick, Watermelon Cookies a la Mode DINNER Rosemary Roasted Chicken Baked Sweet Yam, Steamed Broccoli Yellow Cake w/Chocolate Frosting	4 BREAKFAST Oatmeal, Fresh Pancake Choice of Eggs, Meat and Fruit LUNCH Tortilla Soup, Chef's Salad Dinner Roll, Caramel Flan DINNER Herb Crusted Fish Fillet Vegetable Rice Steamed Broccoli & Cauliflower Assorted Cake	5 BREAKFAST Oatmeal, Fresh Baked Muffin Choice of Eggs, Meat and Fruit LUNCH Beef Stew Soup, Sloppy Joes Seasoned Blend Veggies, Fruit Jell-O PORTS OF CALL DINNER NEW ENGLAND THEME Rib Eye Steak Roast w/Red Wine Demi-Glace Sauce White Roasted Potatoes, Green Beans Berry Trifle		6 BREAKFAST Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit LUNCH Seafood Vegetable Soup Pulled Chicken on Brioche Bun Three Bean Salad, Fruit Mixed Fresh Fruit Cup DINNER Lamb Stew Side of Fruit Salad, Steamed Cauliflower w/Cheddar Cheese Strawberry Short Cake	7 BREAKFAST Oatmeal, French Toast Choice of Eggs, Meat and Fruit LUNCH Wonton Soup Montecristo Sandwich, Vegetable Salad Watermelon, Banana Split DINNER Crispy Cod Fish Baked Butternut Squash Sautéed Spinach w/Cherry Tomatoes Fruit Cobbler	8 BREAKFAST Oatmeal, Denver Omelet Choice of Meat and Fruit LUNCH Matzo Ball Soup, Deli Plate Dinner Roll, Lemon Cream Cake DINNER Beef Brisket, Boiled Red Potatoes Braised Cabbage Orange Cake
10 BREAKFAST Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers LUNCH Corn Chowder Soup Cobb Salad, Dinner Roll Cheese Cake DINNER Catch of the Day Orzo Pilaf, Steamed Broccoli & Cauliflower Chocolate Cake	11 <i>Veteran's Day</i> BREAKFAST Oatmeal, Buttermilk Pancake Choice of Eggs, Meat and Fruit LUNCH Split Pea Soup, Turkey Patty Melt w/Mushrooms and Onions Side of Crispy Zucchini Sticks Cake of the Day DINNER Oven BBQ Pork Spare Ribs, Corn on the Cobb, Baked Bean, Assorted Desserts	12 BREAKFAST Oatmeal, Banana Muffin Choice of Eggs, Meat and Fruit LUNCH Chicken & Vegetable Soup, Egg Salad Pocket, 3 Bean Salad, Mixed Fruit Bowl Fruit Jell-O PORTS OF CALL DINNER NEW ENGLAND THEME Chicken Tikka Masala, Kale Pesto Roasted Baby Carrots, Sautéed Brussel Sprouts, Banana Crème Brulee	13 BREAKFAST Oatmeal, Buttermilk Waffles Choice of Eggs, Meat and Fruit LUNCH Spinach Florentine Soup, Fish & Chips Side of Watermelon Carrot Cake DINNER Spaghetti Meatballs Side of Garlic Bread Malibu Blend Veggies Chocolate Cake	14 BREAKFAST Oatmeal, French Toast Choice of Eggs, Meat and Fruit LUNCH Black and White Bean Soup Margherita or Cheese Pizza Mixed Green Salad Yellow Cake w/Strawberry Topping DINNER Jambalaya, Celery and Carrot Salad Steamed Broccoli and Cauliflower Cookies a la Mode	15 BREAKFAST Oatmeal, Poached Eggs Choice of Meat and Fruit LUNCH Matzo Ball Soup, Stuffed Tomato Choice with Egg or Chicken Salad, Dinner Roll Orange Cake DINNER London Broil, Red Smashed Potatoes Braised Cabbage Blueberry Cobbler	16 BREAKFAST Oatmeal, Cinnamon Roll Choice of Eggs, Meat and Fruit LUNCH Vegetable and Rice Soup Pastrami Sandwich, Cole Slaw Fruit, Sponge Cake w/Chocolate Sauce DINNER Cornish Game Hen Polenta, Steamed Summer Vegetables Banana Cake w/Chocolate Frosting
17 BREAKFAST Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers LUNCH Cream of Broccoli Soup Chicken Tenderloin, Shepherd's Salad Chocolate Cream Cake DINNER Catch of the Day Saffron Rice Mixed Capri Vegetable Assorted Cake of the Day	18 BREAKFAST Oatmeal, Fresh Pancake Choice of Eggs, Meat and Fruit LUNCH Miso Soup, Sloppy Joes Seasoned Blend Veggies Pie of the Day DINNER Turkey Meatballs Stroganoff Side of Butter Noodles, Sautéed Red Chard & Spinach Assorted Cake of the Day	19 BREAKFAST Oatmeal, Fresh Baked Muffin Scrambled Eggs, Sausage LUNCH Tortilla Soup, Chef's Salad Cheese Pita Bread, Fruit Jell-O PORTS OF CALL DINNER NEW ENGLAND THEME Herb Crusted Lamb, Rosemary Roasted Potatoes, Grilled Seasoned Vegetables Strawberry Short Cake	20 BREAKFAST Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit LUNCH Butternut Squash Soup Chicken Fajitas w/Side of Beans Spanish Rice or Corn Tortillas Egg Custard DINNER Beef Pot Pie, Side of Citrus Salad Ratatouille Veggies, Carrot Cake	21 BREAKFAST Oatmeal, French Toast Choice of Eggs, Meat and Fresh Fruit LUNCH French Onion Soup, Crab Cakes Mixed Green Salad, Banana Split DINNER Veal Marsala, Side of Cheese Crispy Polenta, Oriental Veggies Lemon Cake	22 BREAKFAST Oatmeal, Turkey and Cheese Omelet Choice of Meat and Fruit LUNCH Matzo Ball Soup, Trio Salad Dinner Roll, Sponge Cream Cake DINNER Beef Wellington Mashed Potatoes, Summer Mixed Vegetables, Pie of the Day	23 BREAKFAST Oatmeal, Coffee Cake Choice of Meat and Fruit LUNCH Mushroom and Barley Soup Ham and Cheese Panini on Rye Bread Three Bean Salad, Fruit Ice Cream Sandwich DINNER Ranch Chicken, Corn on the Cob Caramelized Brussel Sprouts and Carrots German Chocolate Cake
24 BREAKFAST Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers LUNCH Split Pea Soup, Vegetable Lasagna Garlic Bread, Spinach and Cherry Tomatoes, Pound Cake w/Strawberry Topping DINNER Grilled Salmon, Wild Rice Pilaf Green Beans Almandine Boston Cream Pie	25 BREAKFAST Oatmeal, Fresh Baked Pancakes Choice of Eggs, Meat and Fruit LUNCH Fajita Soup, Buckwheat Noodle Salad w/Grilled Chicken Cheese Cake DINNER Stuffed Leg of Lamb, Roasted Root Vegetables, Steamed Mixed Vegetables Assorted Dessert	26 BREAKFAST Oatmeal, Fresh Baked Muffin Scrambled Eggs, Sausage LUNCH Asian Style Chicken Noodle Soup Club Sandwich, Black Beans & Corn Salad, Fruit, Chocolate Cake PORTS OF CALL DINNER NEW ENGLAND THEME Sunday Chicken w/Fresh Tomato & Vinegar Sauce, Roasted Potatoes, Carrots, Parsnips, Roasted Brussel Sprouts Banoffee Pie	27 BREAKFAST Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit LUNCH Mushroom Soup, Shepherd's Pie Steamed Broccoli, Lemon Cake DINNER Catch of the Day, Rice Pilaf Bok Choy and Peppers Assorted Desserts	28 <i>Thanksgiving Day</i> BREAKFAST Oatmeal, French Toast Choice of Eggs, Meat and Fruit THANKSGIVING FEAST Lentil Soup, Traditional Roasted Turkey Cornbread Stuffing Green Beans w/Onions, Pumpkin Pie DINNER Spaghetti & Meat Sauce Steamed Mixed Veggies Pie of the Day	29 BREAKFAST Oatmeal, Turkey and Cheese Omelet Choice of Meat and Fruit LUNCH Matzo Ball Soup, Chinese Chicken Salad, Crispy Onions, Fruit Parfait DINNER Braised Veal Osso Bucco Fennel Mashed Potatoes, Steamed Green Bean, Apple Turnover	30 BREAKFAST Oatmeal, Coffee Cake Choice of Meat and Fruit LUNCH Creamy Carrot Soup Reuben Sandwich, Crispy Onion Rings Fruit, Sponge Cake DINNER Rosemary Cornish Game Hen Cornbread Stuffing California Blend Veggies German Chocolate 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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