

CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MENU ALTERNATIVES</p> <p>Hamburger</p> <p>Chicken Salad</p> <p>Plain Omelet</p> <p>Fruit & Cottage Cheese Platter</p> <p>Assorted Sandwiches including</p> <p>Tuna Salad, Turkey, Ham,</p> <p>Peanut Butter & Jelly</p> <p>Grilled Chicken Breast</p>	<p>1 <u>BREAKFAST</u> Oatmeal, Fresh Baked Pancakes Choice of Eggs, Meat, and Fruit</p> <p><u>LUNCH</u> Split Peas, Philly Cheese Steak Sandwich Crispy Onion Rings, Side of Watermelon Sponge Cake</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing Steamed Green Beans Assorted Cake</p>	<p>2 <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin Scrambled Eggs, Sausage</p> <p><u>LUNCH</u> Italian Wedding Soup Chef's Salad, Pesto Flatbread Lemon Cake</p> <p><u>DINNER</u> Cranberry Pork Steak, Baked Potato Sauteed Blend Vegetable Succotash Strawberry Cake</p>	<p>3 <u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat, and Fruit</p> <p><u>LUNCH</u> Cream of Broccoli Soup Pepperoni or Cheese Pizza Side of Mixed Green Salad Spumoni Ice Cream and Cookies</p> <p><u>DINNER</u> Beef Goulash, Side of Couscous Salad Steamed Lima Beans, Lemon Meringue Pie</p>	<p>4 <u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> French Onion Soup Chicken Lo Mein, Wild Rice Pilaf and Mixed Vegetables, Fruit Jell-O</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing Steamed Broccoli, Red Velvet Cake</p>	<p>5 <u>BREAKFAST</u> Oatmeal, Sausage & Cheese Omelet Hash Browns, Choice of Meat and Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup Stuffed Tomato w/Choice of Chicken or Egg Salad, Dinner Roll Fruit Parfait</p> <p><u>DINNER</u> Beef Brisket, Steamed Red Potatoes Braised Cabbage, Bread Pudding</p>	<p>6 <u>BREAKFAST</u> Oatmeal, Coffee Cake Choice of Eggs Meat and Fruit</p> <p><u>LUNCH</u> Chicken Noodle Soup Egg Salad Croissant Sandwich Cole Slaw, Fresh Fruit Chocolate Eclairs</p> <p><u>DINNER</u> Lemon Roasted Chicken, Rice Pilaf Steamed Mixed Vegetables Banana Cake</p>
<p>7 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers</p> <p><u>LUNCH</u> Turkey Rice Soup, Pepperoni or Cheese Pizza, Side of Mixed Green Salad Sunday Sundae</p> <p><u>DINNER</u> Beef Cabbage Roll, Side of Garlic Bread Steamed Mixed Vegetables Yellow Cake w/Chocolate Frosting</p>	<p>8 <i>Columbus Day</i> <u>BREAKFAST</u> Oatmeal, Buttermilk Pancake Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Potato Leek Soup, Spinach Salad w/ Grilled Salmon, Tiramisu</p> <p><u>DINNER</u> Glazed Orange Baked Chicken Twice Baked Potato Steamed Green Beans, Honey Cake</p>	<p>9 <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin, Choice of Eggs, Meat, and Fruit</p> <p><u>LUNCH</u> Lentil Soup, Club Sandwich, Potato Salad, Fresh Fruit, Cake of the Day</p> <p><u>DINNER</u> Spaghetti & Meatballs, Side of Garlic Bread, Mixed Blend Vegetables Fruit Cobbler</p>	<p>10 <u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Chicken Gumbo Soup, Breaded Shrimp Garden Rice, Steamed Peas and Carrots Sponge Cake</p> <p><u>DINNER</u> Roasted Boneless Leg of Lamb, Roasted Garlic Mashed Potatoes, Sauteed Asparagus, Strawberry Short Cake</p>	<p>11 <u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Italian Wedding Soup, Chef's Salad Dinner Roll, Fruit Jell-O</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing California Blend Vegetables Apple Cobbler</p>	<p>12 <u>BREAKFAST</u> Oatmeal, Denver Omelet Choice of Meat and Fruit</p> <p><u>LUNCH</u> New England Clam Chowder Philly Cheese Steak Sandwich Crispy Onion Rings, Fresh Fruit Orange Cake</p> <p><u>DINNER</u> Mustard Chicken, Roasted Butternut Squash Souffle, Steamed Cauliflower Chocolate Cake</p>	<p>13 <u>BREAKFAST</u> Oatmeal, Cinnamon Roll Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Black Bean Soup, Macaroni & Cheese w/Poached Cod Fish, Steamed Broccoli, Banana Cream Cake</p> <p><u>DINNER</u> London Broil, Garden Mashed Potatoes Steamed Mixed Vegetables Carrot Cake</p>
<p>14 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers</p> <p><u>LUNCH</u> Cream of Butternut Soup, Vegetable Quiche, Side of Mixed Green Salad Chocolate Cake</p> <p><u>DINNER</u> Veal Piccata, Garden Wild Rice Sauteed Spinach Fruit Cobbler</p>	<p>15 <u>BREAKFAST</u> Oatmeal, Buttermilk Pancakes Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Split Pea Soup, Roast Beef Sandwich Crispy Onion Rings, Fresh Fruit Cake of the Day</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing Steamed Broccoli, Pie of the Day</p>	<p>16 <u>BREAKFAST</u> Oatmeal, Banana Muffin Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Vegetable Noodle Soup, Shrimp Stir-Fried Vegetables, Steamed Rice Banana Cake</p> <p><u>DINNER</u> BBQ Pork Ribs, Corn on the Cob Baked Beans, Pie of the Day</p>	<p>17 <u>BREAKFAST</u> Oatmeal, Buttermilk Waffles Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Cream of Spinach Soup, Cobb Salad Dinner Roll, Pistachio Ice Cream</p> <p><u>DINNER</u> Filet Mignon Medallions, Baked Potatoes Steamed Mixed Vegetables Tapioca Pudding</p>	<p>18 <u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fresh Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup Chicken Lo Mein, Chinese Vegetables Ice Cream Sandwich</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing Steamed Broccoli, Red Velvet Cake</p>	<p>19 <u>BREAKFAST</u> Oatmeal, Poached Eggs Choice of Meat and Fruit</p> <p><u>LUNCH</u> Mushroom and Barley Soup, Tuna Melt Potato Salad, Fruit Banana Split</p> <p><u>DINNER</u> Lamb Vegetable Stew, Rice Pilaf Mixed Blend Vegetables, Fruit Cobbler</p>	<p>20 <u>BREAKFAST</u> Oatmeal, Cinnamon Roll Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Cream of Potato Chowder Vegetable Quesadilla, Fresh Guacamole Pico de Gallo, Sour Cream Angel Food Cake</p> <p><u>DINNER</u> Artichoke Chicken, Baked Sweet Yam Sauteed Lima Beans, Orange Cake</p>
<p>21 <u>BREAKFAST</u> Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers</p> <p><u>LUNCH</u> Cream of Asparagus Soup Seafood Salad, Croissant Sandwich Carrot Slaw, Fruit, Tiramisu</p> <p><u>DINNER</u> Pasta Meatballs, Side of Garlic Bread Steamed Peas & Carrots Assorted Cake of the Day</p>	<p>22 <u>BREAKFAST</u> Oatmeal, Fresh Pancake Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Roasted Pepper and Tomato Soup Pesto Chicken Flatbread Side of Mixed Green Salad Pie of the Day</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing Steamed Broccoli, Blueberry Cobbler</p>	<p>23 <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Lentil Soup, Italian Chopped Salad Dinner Roll, Banana Split</p> <p><u>DINNER</u> Roasted Leg of Lamb, Paprika Roasted Potatoes, Mixed Vegetables Bread Pudding</p>	<p>24 <u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Mushroom and Barley Soup Crispy Chicken Tenderloin Vegetable Cole Slaw, Fruit Fruit Jello-O</p> <p><u>DINNER</u> Beef Goulash, Side of Quinoa Salad Sauteed Spinach and Tomatoes Pineapple Cake</p>	<p>25 <u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fresh Fruit</p> <p><u>LUNCH</u> Zucchini Cilantro Soup, Grilled Tuna Ahi Salad, Garlic Cheese Pizza Bread Ice Cream Sandwich</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing Steamed Green Beans Pumpkin Pie</p>	<p>26 <u>BREAKFAST</u> Oatmeal, Turkey and Cheese Omelet Choice of Meat and Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup, Stuffed Three Cheese Manicotti, Grilled Vegetables Strawberry Cake</p> <p><u>DINNER</u> Veal Steak Parmigiana, Baked Potato Sauteed Brussel Sprouts Banana Cake</p>	<p>27 <u>BREAKFAST</u> Oatmeal, Assorted Danish Choice of Meat and Fruit</p> <p><u>LUNCH</u> Cream of Tomato Soup Grilled Cheese, Turkey & Grilled Tomatoes, Broccoli Cole Slaw Salad Fresh Fruit, Assorted Cake</p> <p><u>DINNER</u> Chicken & Artichokes, Rice Pilaf Sauteed Lima Beans, Cookies a la Mode</p>
<p>28 <u>BREAKFAST</u> Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers</p> <p><u>LUNCH</u> Chicken Tortilla Soup, Reuben Sandwich Rice Pilaf & Vegetables German Chocolate Cake</p> <p><u>DINNER</u> Stuffed Beef Green Bell Pepper Steamed Mixed Vegetables Sauteed Snow Peas, Boston Cream Pie</p>	<p>29 <u>BREAKFAST</u> Oatmeal, Fresh Pancake Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Chicken Tortilla Soup, Reuben Sandwich Crispy French Fries, Side of Watermelon Cheese Cake</p> <p><u>DINNER</u> Veal Tenderloin Piccata, Side of Wheat Bulgur Salad, Sauteed Spinach & Tomatoes, Strawberry Cake</p>	<p>30 <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin Scramble Eggs, Sausage</p> <p><u>LUNCH</u> Italian Wedding Soup, Grilled Ahi Tuna Sweet Plantain Empanadas & Veggies Lemon Cake</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing Steamed Broccoli and Cauliflower Rice Pudding</p>	<p>31 <i>Halloween</i> <u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit</p> <p><u>LUNCH</u> Cream of Pumpkin Soup, Honey Mustard Cornish Game Hen, Corn on the Cob Pumpkin Pie</p> <p><u>DINNER</u> Beef Ravioli & Tomato Sauce Side of Garlic Bread, Steamed Vegetables Capri, Assorted Desserts</p>	<p>THE MONTH OF OCTOBER IS...</p> <p>Apple Month</p> <p>Baby Safety Month</p> <p>Better Breakfast Month</p> <p>Blood Cancer Awareness Month</p> <p>Childhood Cancer Awareness Month</p> <p>Cholesterol Education Month</p> <p>Classical Music Month</p> <p>Fall Hat Month</p> <p>Food Safety Education Month</p> <p>Hispanic Heritage Month</p> <p>International Square Dancing Month</p> <p>Little League Month</p> <p>Library Card Sign-Up Month</p> <p>National Chicken Month</p> <p>National Courtesy Month</p> <p>National Piano Month</p> <p>National Preparedness Month</p> <p>Pain Awareness Month</p> <p>Prostate Health Month</p> <p>Self Improvement Month</p>		<p>BEVERAGES</p> <p>Breakfast</p> <p>Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water</p> <p>Lunch & Dinner</p> <p>Coffee - Hot Tea Water - Ice Tea Lemonade</p>

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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