

CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

October 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

6 **BREAKFAST**
Oatmeal, Bagel Blast, Lettuce, Tomato
Cucumber, Capers
LUNCH
Garbanzo Bean, Mixed Veggie Soup
Philly cheese Steak Sandwich
Crispy Onion Rings, Side of Watermelon
Cookies a la Mode
DINNER
Stuffed Turkey Meat Loaf, Mashed
Potatoes, Steamed Vegetable Succotash
Yellow Cake w/Chocolate Frosting

7 **BREAKFAST**
Oatmeal, Fresh Pancake
Choice of Eggs, Meat and Fruit
LUNCH
Tortilla Soup, Chicken Fajitas
Spanish Rice, Refried Beans, Guacamole
Pico de Gallo, Sour Cream Caramel Flan
DINNER
Herb Crusted Fish Fillet
Baked Sweet Yam
Steamed Broccoli & Cauliflower
Assorted Cake

8 *Yom Kippur (begins at sundown)*
BREAKFAST
Oatmeal, Fresh Baked Muffin
Choice of Eggs, Meat and Fruit
LUNCH
Beef Stew Soup, Chef's Salad
Pesto Pita Bread, Fruit Jell-O
PORTS OF CALL DINNER
TRANSYLVANIA ROMANIA THEME
Beef Goulash
Shepherd's Salad, Corn Muffin
Marbel Cake

9 *Yom Kippur (ends at sundown)*
BREAKFAST
Oatmeal, Fresh Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Seafood Vegetable Soup
Chicken Lo Mein, Oriental Veggies
Mixed Fresh Fruit Cup
DINNER
Lamb, Vegetable Stew
Side of Fruit Salad, Steamed Cauliflower
w/Cheddar Cheese
Strawberry Short Cake

10 **BREAKFAST**
Oatmeal, French Toast
Choice of Eggs, Meat and Fruit
LUNCH
Wonton Soup
Montecristo Sandwich, Side of French
Fries, Watermelon, Banana Split
DINNER
Grilled Rainbow Trout
Baked Butternut Squash
Sauteed Spinach w/Cherry Tomatoes
Fruit Cobbler

11 **BREAKFAST**
Oatmeal, Denver Omelet
Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, Pulled Chicken on
Brioche Bun, Broccoli Cole Slaw Salad
Watermelon, Lemon Cream Cake
DINNER
BBQ Beef Brisket, Boiled Red Potatoes
Braised Cabbage
Orange Cake

12 **BREAKFAST**
Oatmeal, Assorted Puff Pastry
Choice of Eggs, Meat and Fruit
LUNCH
White Bean Soup
Quiche Lorraine, Side of Caesar Salad
Banana Cup Cakes
DINNER
Veal Osso Bucco
Fennel Mashed Potato, Roasted Green
Bean, Onions, Carrots, Chocolate Cake

13 **BREAKFAST**
Oatmeal, Bagel Blast
Lettuce, Tomato, Cucumber, Capers
LUNCH
Corn Chowder Soup
Cobb Salad, Dinner Roll
Cheese Cake
DINNER
Meat Lasagna, Garlic Bread
Mixed Blend Vegetables
Chocolate Cake

14 *Columbus Day*
BREAKFAST
Oatmeal, Buttermilk Pancake
Choice of Eggs, Meat and Fruit
LUNCH
Split Pea Soup, Crab Cakes
Caesar Salad
Cake of the Day
DINNER
Lemon Roasted Chicken
Rosemary Baked Potatoes
Vegetable Medley, Assorted Dessert

15 **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
TRANSYLVANIA ROMANIA THEME
Stuffed Cabbage Roll, Garlic Bread
Roasted Summer Veggies
Romanian Style Apple Cake

16 **BREAKFAST**
Oatmeal, Buttermilk Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Spinach Florentine Soup, turkey Patty Melt
w/Mushroom and Onion
Crispy Zucchini Chips and Pineapple
Carrot Cake
DINNER
Lamb Paprika, Lyonnaise Potatoes
Malibu Blend Veggies
Chocolate Cake

17 **BREAKFAST**
Oatmeal, French Toast
Choice of Eggs, Meat and Fruit
LUNCH
Black and White Bean Soup
Margherita, Vegetable, Cheese Pizza
Mixed Green Salad
Yellow Cake w/Strawberry Topping
DINNER
Lamb Salisbury Steak Scallopini
Apple Stuffed Squash
California Blend Vegetables
Cookies a la Mode

18 **BREAKFAST**
Oatmeal, Poached Eggs
Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, Baja Soft Fish Taco,
Spanish Rice, Bean, Guacamole
Pico de Gallo, Sour Cream
Orange Cake
DINNER
London Broil, Red Smashed Potatoes
Braised Cabbage
Fruit Crisp

19 **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

20 **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
Seasoned Mashed Potato
Mixed Capri Vegetable
Assorted Cake of the Day

21 **BREAKFAST**
Oatmeal, Fresh Pancake
Choice of Eggs, Meat and Fruit
LUNCH
Miso Soup, Rice Noodles Salad w/Shrimp
Dinner Roll
Pie of the Day
DINNER
Chicken Parmigiana, Garden Rice
Sauteed Red Chard and Spinach
Assorted Cake of the Day

22 **BREAKFAST**
Oatmeal, Fresh Baked Muffin
Scrambled Eggs, Sausage
LUNCH
Tortilla Soup, Sloppy Joes
Seasoned Blend Veggies
Fruit Jell-O
PORTS OF CALL DINNER
TRANSYLVANIA ROMANIA THEME
Stuffed Green Bell Pepper, Cheese Garlic
Bread, Green Beans w/Cherry Tomatoes
Romanian Style Cheesecake

23 **BREAKFAST**
Oatmeal, Fresh Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Wonton Soup
Vegetable or Cheese Enchiladas
Spanish Rice, Refried Beans, Fresh Pico de
Gallo, Sour Cream, Egg Custard
DINNER
Seared Dijon Veal Cutlet Piccata
Fennel Mashed Potato, Ratatouille
Veggies, Carrot Cake

24 **BREAKFAST**
Oatmeal, French Toast
Choice of Eggs, Meat and Fresh Fruit
LUNCH
French Onion Soup, Turkey Pot Pie
Black Bean and Corn Salad
Banana Split
DINNER
Stuffed White Fish
Eggplant Parmesan, Oriental Veggies
Lemon Cake

25 **BREAKFAST**
Oatmeal, Turkey and Cheese Omelet
Choice of Meat and Fruit
LUNCH
Matzo Ball Soup, Veal Marsala
Fennel Smashed Red Potatoes & Veggies
Sponge Cream Cake
DINNER
Pot Roast, Polenta
Summer Mixed Vegetables
Pie of the Day

26 **BREAKFAST**
Oatmeal, Coffee Cake
Choice of Meat and Fruit
LUNCH
Mushroom and Barley Soup
Broccoli Quiche, Mixed Green Salad
Ice Cream Sandwich
DINNER
Ranch Chicken, Corn on the Cob
Caramelized Brussel Sprouts and Carrots
German Chocolate Cake

27 **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 Almondine
Boston Cream Pie

28 **BREAKFAST**
Oatmeal, Fresh Baked Pancakes
Choice of Eggs, Meat and Fruit
LUNCH
Fajita Soup, Buckwheat Noodle Salad
w/Grilled Chicken
Cheese Cake
DINNER
Roasted Leg of Lamb, Roasted
Rutabaga, Balsamic Roasted Brussel
Sprouts, Assorted Dessert

29 **BREAKFAST**
Oatmeal, Fresh Baked Muffin
Scrambled Eggs, Sausage
LUNCH
Asian Style Chicken, Quinoa Salad
Club Sandwich, Black Bean & Corn
Salad, Fruit, Chocolate Babka Cake
PORTS OF CALL DINNER
TRANSYLVANIA ROMANIA THEME
Stuffed Beef Zucchini, Black Bean &
Corn Salad, Honey Glazed Carrots
Romanian Style Apple Pie

30 **BREAKFAST**
Oatmeal, Fresh Waffles
Choice of Eggs, Meat and Fruit
LUNCH
Vietnamese Rice & Beef Soup
Asian Chicken and Quinoa Salad
Garlic Bread, Lemon Cake
DINNER
Catch of the Day, Rice Pilaf
Bok Choy and Peppers
Assorted Dessert

31 *Halloween*
BREAKFAST
Oatmeal, French Toast
Choice of Eggs, Meat and Fruit
LUNCH
Chicken Bo-Die Soup
Grilled Cheese Sandwiches w/Celery
Broomsticks, Fruit, Dracula Denties
DINNER
Mummified Meatballs over Slime
Spaghetti Noodles, Skeleton Crinkley
Veggies, Pumpkin Patch Brownies

THE MONTH OF OCTOBER IS...

Breast Cancer Awareness Month	National Crime Prevention Month
Eat Better, Eat Together Month	National Go On a Field Trip Month
Financial Planning Month	National Pasta Month
German-American Heritage Month	National Pizza Month
Healthy Lung Month	National Pretzel Month
Health Literacy Month	National Sarcastic Awareness Month
Italian-American Heritage Month	National Stamp Collecting Month
LGBT History Month	National Work and Family Month
National Arts & Humanities Month	Right Brainers Rule! Month
National Book Month	Vegetarian Month