

CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers</p> <p><u>LUNCH</u> Split Pea Soup, Pepperoni or Cheese Pizza Side of Caesar Salad, Angel Food Cake</p> <p><u>DINNER</u> Roasted Turkey, Cornbread Stuffing Sauteed Snow Peas Boston Cream Pie</p>	<p>THE MONTH OF SEPTEMBER IS...</p> <p>National Americana Month Better Breakfast Month Classical Music Month Fall Hat Month Hispanic Heritage Month International Square Dance Month Little League Month National Chicken Month National Courtesy Month National Honey Month</p> <p>National Library Card Sign Up Month National Piano Month National Potato Month National Preparedness Month National Rice Month National Self-Care Awareness Month National Sewing Month Save Your Photos Month Self Improvement Month Whole Grains Month</p>		<p><u>MENU ALTERNATIVES</u></p> <p>Hamburger Chicken Salad Plain Omelet Fruit & Cottage Cheese Platter Assorted Sandwiches including Tuna Salad, Turkey, Ham, Peanut Butter & Jelly Grilled Chicken Breast</p>		<p><u>BEVERAGES</u></p> <p>Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water</p> <p>Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade</p>	<p>1</p> <p><u>BREAKFAST</u> Oatmeal, Coffee Cake Choice of Eggs Meat and Fruit</p> <p><u>LUNCH</u> Chicken Gambo Soup, Grilled Cheese w/Grilled Ham and Tomatoes 4 Bean Salad and Watermelon Chocolate Eclairs</p> <p><u>DINNER</u> Rosemary Roasted Chicken, Scalloped Potatoes, Steamed Broccoli Banana Cake</p>
<p>2</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers</p> <p><u>LUNCH</u> Tortilla Soup, Grilled Chicken Caesar Salad Crispy Croutons, Sunday Sundae</p> <p><u>DINNER</u> Grilled Salmon, Baked Potato California Blend Vegetables Boston Cream Pie</p>	<p>3</p> <p><i>Labor Day</i></p> <p><u>BREAKFAST</u> Oatmeal, Fresh 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 Cakes</p>	<p>4</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin, Choice of Eggs, Meat, and Fruit</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>5</p> <p><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, Cookies</p> <p><u>DINNER</u> Beef Goulash, Side of CousCous Salad Steamed Lima Beans Lemon Meringue Pie</p>	<p>6</p> <p><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>7</p> <p><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>8</p> <p><u>BREAKFAST</u> Oatmeal, Coffee Cake Choice of Eggs Meat and Fruit</p> <p><u>LUNCH</u> Chicken Noodles 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>9</p> <p><i>Grandparent's Day</i> <i>Rosh Hashanah (begins at sundown)</i></p> <p><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 with Chocolate Frosting</p>	<p>10</p> <p><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>11</p> <p><i>Patriot Day</i></p> <p><u>BREAKFAST</u> Oatmeal, Banana 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>12</p> <p><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>13</p> <p><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>14</p> <p><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>15</p> <p><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>16</p> <p><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>17</p> <p><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>18</p> <p><i>Yom Kippur (begins at sundown)</i></p> <p><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>19</p> <p><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>20</p> <p><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>21</p> <p><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>22</p> <p><i>Autumn Begins</i></p> <p><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>23</p> <p><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>24</p> <p><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>25</p> <p><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>26</p> <p><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>27</p> <p><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>28</p> <p><u>BREAKFAST</u> Oatmeal, Turkey and Cheese Omelet Choice of Meat and Fruit</p> <p><u>LUNCH</u> 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>29</p> <p><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>

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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