

# CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

# September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b> <u>BREAKFAST</u> Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers <u>LUNCH</u> Beef Stew, Vegetable Soup Margherita or Cheese Pizza Side of Caesar Salad, Pound Cake <u>DINNER</u> Lamb Paprika w/Mint Sauce, Roasted Garlic Mashed Potatoes, Steamed Mixed Vegetables, Assorted Desserts</p>	<p><b>2</b> <i>Labor Day</i> <u>BREAKFAST</u> Oatmeal, Fresh Pancakes Choice of Eggs, Meat and Fruit <u>LUNCH</u> Chicken Gumbo Soup, Philly Cheese Steak Sandwich, Crispy Onion Ring Fruit, Sponge Cake w/Topping <u>DINNER</u> Citrus Baked White Fish, Wild Rice Blend Sauteed Red, Green Sweet Chard, and Tomatoes, Mango Cobbler ala Mode</p>	<p><b>3</b> <u>BREAKFAST</u> Oatmeal, Fresh Muffin Choice of Eggs, Meat and Fruit <u>LUNCH</u> Split Pea Soup, Chef's Salad Pesto Dinner Roll, Fruit Jell-O <u>PORTS OF CALL DINNER - FRENCH THEME</u> Chicken Marsala, Potato Au Gratin Haricots Verts Almandine Crème Brulee</p>	<p><b>4</b> <u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit <u>LUNCH</u> Mushroom and Barley Soup Turkey Patty w/Mushrooms Roasted Sweet Yam, Fruit Chocolate Cake <u>DINNER</u> Beef Pot Pie, Cornbread, Fruit Salad Cookies ala Mode</p>	<p><b>5</b> <u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fruit <u>LUNCH</u> Minestrone Soup, Roasted Chicken Salad Pocket, Vegetable Cole Slaw Watermelon, Banana Split <u>DINNER</u> Shrimp Stir Fried, Steamed Rice Steamed Oriental Vegetables Pie of the Day</p>	<p><b>6</b> <u>BREAKFAST</u> Oatmeal, Cheese Omelet Hash Browns, Choice of Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Cobb Salad Dinner Roll, Fruit Parfait <u>DINNER</u> Summer Braised Beef, Mashed Potatoes California Blend Vegetables Chocolate Cake</p>	<p><b>7</b> <u>BREAKFAST</u> Oatmeal, Coffee Cake Choice of Eggs, Meat and Fruit <u>LUNCH</u> Beef and Vegetable Noodle Soup Fish Nuggets, Baked Tater Tots, Fruit Mixed Fresh Fruit Cup <u>DINNER</u> Cranberry Pork Loin Corn on the Cob Sauteed Vegetable Capri Angel Food Cake</p>
<p><b>8</b> <i>Grandparents' Day</i> <u>BREAKFAST</u> Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers <u>LUNCH</u> Lentil Soup, Reuben Sandwich, Cole Slaw Side of Watermelon, Cookies a la Mode <u>DINNER</u> Stuffed Turkey Meat Loaf, Baked Sweet Yam Steamed Vegetable Succotash Yellow Cake w/Chocolate Frosting</p>	<p><b>9</b> <u>BREAKFAST</u> Oatmeal, Fresh Pancake Choice of Eggs, Meat and Fruit <u>LUNCH</u> Creamy Wild Rice Soup Chinese Chicken Salad, Crispy Noodles Pie of the Day <u>DINNER</u> Herb Crusted Fish Fillet Wild Rice Pilaf Steamed Broccoli &amp; Cauliflower Assorted Cake</p>	<p><b>10</b> <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin Choice of Eggs, Meat and Fruit <u>LUNCH</u> Beef and Vegetable Soup Vegetable or Cheese Quesadilla Fresh Guacamole, Pico de Gallo Sour Cream, Fruit Jell-O <u>PORTS OF CALL DINNER - FRENCH THEME</u> Rack of Lamb Persillade, Grilled Skin Red Potatoes, Sauteed Haricots Verts Chocolate Eclairs</p>	<p><b>11</b> <i>Patriot Day</i> <u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit <u>LUNCH</u> Chicken Gumbo Soup, Three Cheese Spinach or Beef Ravioli, Side of Garlic Bread, Steamed Broccoli Mixed Fresh Fruit Cup <u>DINNER</u> Southwestern Breast of Chicken, Roasted Acorn Squash, Vichy Carrot and Brussel Sprouts, Strawberry Short Cake</p>	<p><b>12</b> <u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fruit <u>LUNCH</u> Italian Wedding Soup Taco Salad, Spanish Rice, Beans Fresh Guacamole, Pico de Gallo Sour Cream, Banana Split <u>DINNER</u> Traditional Roast Turkey, Cornbread Stuffing, Lima Beans Succotash Fruit Cobbler</p>	<p><b>13</b> <u>BREAKFAST</u> Oatmeal, Denver Omelet Choice of Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Crispy Chicken Salad Wrap, Broccoli Cole Slaw Salad Watermelon, Lemon Cream Cake <u>DINNER</u> Baked Tilapia w/Butter, Lemon, Capers, Wine Sauce, Loaded Baked Potato Sauteed Spinach w/Tomatoes Orange Cake</p>	<p><b>14</b> <u>BREAKFAST</u> Oatmeal, Assorted Puff Pastry Choice of Eggs, Meat and Fruit <u>LUNCH</u> White Bean Soup Quiche Lorraine, Side of Caesar Salad Banana Cup Cakes <u>DINNER</u> Filet of Beef Bourguignon Butter Noodles, California Blend Vegetables, Chocolate Cake</p>
<p><b>15</b> <u>BREAKFAST</u> Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers <u>LUNCH</u> Corn Chowder Soup Cobb Salad, Dinner Roll Cheese Cake <u>DINNER</u> Cranberry Pork Tenderloin Medallions Whipped Potatoes, Italian Blend Vegetables, Chocolate Cake</p>	<p><b>16</b> <u>BREAKFAST</u> Oatmeal, Buttermilk Pancake Choice of Eggs, Meat and Fruit <u>LUNCH</u> Split Pea Soup, Seafood Cakes Artichoke Caesar Salad Cake of the Day <u>DINNER</u> Roasted Chicken w/Teriyaki Sauce Barley Pilaf, Vegetable Medley Assorted Dessert</p>	<p><b>17</b> <u>BREAKFAST</u> Oatmeal, Buttermilk Waffles Choice of Eggs, Meat and Fruit <u>LUNCH</u> Chicken &amp; Vegetable Soup, Cheese or Vegetable Enchiladas, Refried Beans, Fresh Guacamole, Pico de Gallo, Sour Cream, Fruit Jell-O <u>PORTS OF CALL DINNER - FRENCH THEME</u> Steak Au Poivre, Potato Au Gratin Roasted Veggie Ratatouille Apple Tarte Tatin</p>	<p><b>18</b> <u>BREAKFAST</u> Oatmeal, Buttermilk Waffles Choice of Eggs, Meat and Fruit <u>LUNCH</u> Spinach Florentine Soup, Nicoise Salad w/Seared Tuna Ahi, Boiled Potatoes Carrot Cake <u>DINNER</u> Roasted Turkey, Cornbread Stuffing Sauteed Edamame, Pepper &amp; Onions Chocolate Cake</p>	<p><b>19</b> <u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fruit <u>LUNCH</u> Black and White Bean Soup Reuben Sandwich, French Fries, Fruit Yellow Cake w/Strawberry Topping <u>DINNER</u> Lamb Salisbury Steak Scallopini Apple Stuffed Squash California Blend Vegetables Cookies ala Mode</p>	<p><b>20</b> <u>BREAKFAST</u> Oatmeal, Poached Eggs Choice of Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Deli Plate Dinner Roll, Orange Cake <u>DINNER</u> Beef Brisket Steamed Red Potatoes and Parsley Braised Cabbage Fruit Crisp</p>	<p><b>21</b> <i>Oktoberfest begins</i> <u>BREAKFAST</u> Oatmeal, Cinnamon Roll Choice of Eggs, Meat and Fruit <u>LUNCH</u> Vegetable and Rice Soup Caesar Salad Turkey Wrap, Cole Slaw Fruit, Sponge Cake w/Chocolate Sauce <u>DINNER</u> Shrimp Scampi, Dirty Rice Steamed Summer Vegetables Banana Cake w/Chocolate Frosting</p>
<p><b>22</b> <u>BREAKFAST</u> Oatmeal, Bagel Blast Lettuce, Tomato, Cucumber, Capers <u>LUNCH</u> Cream of Broccoli Soup Pepperoni or Vegetable or Cheese Pizza Mixed Green Salad Chocolate Cream Cake <u>DINNER</u> Country Fried Steak Mashed Potatoes, Green Beans Assorted Cake of the Day</p>	<p><b>23</b> <i>Autumn Equinox</i> <u>BREAKFAST</u> Oatmeal, Fresh Pancake Choice of Eggs, Meat and Fruit <u>LUNCH</u> Italian Wedding Soup Tuna Melt, Crispy Onion Rings, Fruit Pie of the Day <u>DINNER</u> Roasted Turkey, Cornbread Stuffing Sauteed Red Chard and Spinach Assorted Cake of the Day</p>	<p><b>24</b> <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin Scrambled Eggs, Sausage <u>LUNCH</u> Tortilla Soup, Cobb Salad Dinner Roll, Fruit Jell-O <u>PORTS OF CALL DINNER - FRENCH THEME</u> Chicken Coq Au Vin Cheese Scalloped Potatoes Vegetable Blend Culinary Cut Premium Cream Puffs</p>	<p><b>25</b> <u>BREAKFAST</u> Oatmeal, Fresh Waffles Choice of Eggs, Meat and Fruit <u>LUNCH</u> Mushroom and Barley Soup Vegetable or Cheese Enchiladas Spanish Rice, Refried Beans, Fresh Pico de Gallo, Sour Cream, Egg Custard <u>DINNER</u> Spaghetti Meat Sauce, Side of Garlic Bread, Steamed Blend Vegetables Carrot Cake</p>	<p><b>26</b> <u>BREAKFAST</u> Oatmeal, French Toast Choice of Eggs, Meat and Fresh Fruit <u>LUNCH</u> French Onion Soup, Egg Salad, Lettuce, Tomato, Croissant Sandwich Vegetable Cole Slaw Salad Banana Split <u>DINNER</u> Grilled Herb Crusted Tilapia Baked Sweet Yam, Grilled Zucchini Yellow Squash, Lemon Cake</p>	<p><b>27</b> <u>BREAKFAST</u> Oatmeal, Turkey and Cheese Omelet Choice of Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Sweet &amp; Sour Chicken Over Steamed Rice and Vegetables Sponge Cream Cake <u>DINNER</u> London Broil, Red Smashed Potatoes Steamed Broccoli Pie of the Day</p>	<p><b>28</b> <u>BREAKFAST</u> Oatmeal, Coffee Cake Choice of Meat and Fruit <u>LUNCH</u> Chunky Tomato Soup Broccoli Quiche, Mixed Green Salad Ice Cream Sandwich <u>DINNER</u> Lamb Salisbury Steak w/Marsala Mushroom Sauce, Corn on the Cob Steamed Cauliflower and Carrots German Chocolate Cake</p>
<p><b>29</b> <i>Rosh Hashanah (begins at sundown)</i> <u>BREAKFAST</u> Oatmeal, Bagel Blast, Lettuce, Tomato Cucumber, Capers <u>LUNCH</u> Split Pea Soup, Vegetable Quesadilla, Fresh Guacamole, Pico de Gallo, Sour Cream, Pound Cake w/Strawberry Topping <u>ROSH HASHANAH MEAL</u> Veal Roast w/Fresh Figs Roasted Rosemary Potato Lyonnaise Steamed Broccoli &amp; Carrots Honey Apple Crumble</p>	<p><b>30</b> <u>BREAKFAST</u> Oatmeal, Fresh Pancake Choice of Eggs, Meat and Fruit <u>ROSH HASHANAH LUNCH</u> Chicken Noodle Soup, Pomegranate Meatballs, Whipped Garlic Potato and Sauteed Green Beans, Cheese Cake <u>ROSH HASHANAH MEAL</u> Braised Pot Roast w/Carrots Bowtie Pasta w/Roasted Butternut Squash, Sweet Beet Salad Honey Cake</p>	<p><b>MENU ALTERNATIVES</b> Hamburger Chicken Salad Plain Omelet Fruit &amp; Cottage Cheese Platter Assorted Sandwiches including Tuna Salad, Turkey, Ham, Peanut Butter &amp; Jelly Grilled Chicken Breast</p>	<p><b>BEVERAGES</b> <u>Breakfast</u> Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water <u>Lunch &amp; Dinner</u> Coffee - Hot Tea Water - Ice Tea Lemonade</p>	<p><b>THE MONTH OF SEPTEMBER IS...</b> Better Breakfast Month California Wine Month Food Safety Education Month Leukemia &amp; Lymphoma Awareness Month National Honey Month National Italian Cheese Month National Mushroom Month National Papaya Month National Potato Month National Preparedness Month National Prostate Health Month National Rice Month National Suicide Prevention Month National Whole Grains Month National Wild Rice Month National Yoga Month Ovarian Cancer Awareness Month Pain Awareness Month Thyroid Cancer Awareness Month</p>		<p><i>Shello</i> <b>September</b></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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