

CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

March 2018

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

THE MONTH OF MARCH IS...

American Heart Month
 An Affair to Remember Month
 Black History Month
 Canned Food Month
 Chocolate Lover's Month
 Creative Romance Month
 Deaf History Month
 Great American Pie Month
 National Bake for Family Fun Month
 National Boost Your Self Esteem Month

National Bird Feeding Month
 National Cherry Month
 National Craft Month
 National Grapefruit Month
 National Heart Month
 National Hot Breakfast Month
 National Library Lover's Month
 National Snack Food Month
 National Weddings Month
 National Embroidery Month

1 Purim (ends at Sundown)

BREAKFAST
 Oatmeal, French Toast
 Choice of Eggs, Meat & Fruit
LUNCH
 Matzo Ball Soup, Side of Caesar Salad
 Pepperoni or Cheese Pizza
 Fruit Jell-O
DINNER
 BBQ Pork Ribs, Corn on the Cobb
 Baked Beans, Red Velvet Cake

2 BREAKFAST

Oatmeal, Cinnamon Roll,
 Choice of Eggs, Meat & Fruit
LUNCH
 Vegetable Soup, Turkey Pasta Salad
 Spumoni Ice Cream
DINNER
 Baked White Fish, Eggplant Parmigiana
 Sauteed Spinach, Onion and Tomatoes
 Carrot Cake

3 BREAKFAST

Oatmeal, Ranchero Omelet
 Meat and Fruit
LUNCH
 Clam Chowder Soup
 Vegetable Quiche, Mixed Green Salad
 Chocolate Eclairs
DINNER
 Chicken Marsala, Barley Pilaf
 Sauteed Blend Vegetable Succotash
 Banana Cake

4 BREAKFAST

Oatmeal, Bagel Blast
 Lettuce, Tomato, Cucumber, Capers
LUNCH
 Turkey Rice Soup, Breaded Shrimp
 Garden Rice, Sunday Sundae
DINNER
 Spaghetti and Meatballs
 Steamed Mixed Vegetables
 Yellow Cake w/Chocolate Frosting

5 BREAKFAST

Oatmeal, Fresh Pancake
 Choice of Eggs, Meat and Fruit
LUNCH
 Potato Leek Soup, Chicken Fajitas
 Spanish Rice, Refried Beans, Guacamole
 Pico de Gallo, Sour Cream, Caramel Flan
DINNER
 Roasted Leg of Lamb, Roasted Garlic
 Mashed Potato, Green Beans, Apple Pie

6 BREAKFAST

Oatmeal, Fresh Baked Muffin
 Choice of Eggs, Meat and Fruit
LUNCH
 Lentil Soup, Cobb Salad, Dinner Roll
 Cake of the Day
DINNER
 Cranberry Pork
 Roasted Root Vegetables
 Mixed Blend Vegetables, Fruit Cobbler

7 BREAKFAST

Oatmeal, Fresh Waffles
 Choice of Eggs, Meat and Fruit
LUNCH
 Chicken Noodle Soup, Fish & Chips
 Side of Fresh Fruit, Sponge Cake
DINNER
 London Broil, Corn on the Cobb
 Sautéed Spinach
 Strawberry Short Cake

8 BREAKFAST

Oatmeal, French Toast
 Choice of Eggs, Meat and Fruit
LUNCH
 Italian Wedding Soup, Turkey Patty Melt
 Potato Salad, Fruit, Fruit Jell-O
DINNER
 Chicken Parmigiana
 Roasted Root Vegetables, Grilled
 Zucchini & Yellow Squash, Peach Pie

9 BREAKFAST

Oatmeal, Denver Omelet
 Choice of Meat and Fruit
LUNCH
 New England Clam Chowder
 Asian Shrimp Salad, Crispy Noodles
 Orange Cake
DINNER
 Salisbury Steak w/Mushroom Sauce
 Mashed Potato, Sauteed Beans
 Succotash, German Chocolate Cake

10 BREAKFAST

Oatmeal, Assorted Danish
 Choice of Eggs, Meat and Fruit
LUNCH
 Garbanzo Bean Soup
 Chicken Salad Sandwich, Beet Salad
 Side of Fresh Fruit, Banana Cream Cake
DINNER
 Catch of the Day, Baked Butternut
 Squash, Grilled Asparagus and Red
 Peppers, Cookies ala Mode

11 Daylight Saving (begins)

BREAKFAST
 Oatmeal, Bagel Blast
 Lettuce, Tomato, Cucumber, Capers
LUNCH
 Cream of Butternut Soup
 Vegetable or Cheese Quesadilla
 Fresh Guacamole, Red Salsa, Sour Cream
 Rice Pudding
DINNER
 Beef on the Pot, Corn Muffin
 Sauteed Spinach, Fruit Cobbler

12 BREAKFAST

Oatmeal, Buttermilk Pancakes
 Choice of Eggs, Meat and Fruit
LUNCH
 Chinese Chicken Salad
 Egg Custard
DINNER
 Grilled Salmon, Baked Sweet Yam
 California Blend Vegetables
 Pie of the Day

13 BREAKFAST

Oatmeal, Breakfast Sandwich
 Choice of Eggs, Meat and Fruit
LUNCH
 Vegetable Noodle Soup
 French Dip Sandwich
 Potato Salad & Fruit, Banana Cake
DINNER
 Veal Steak Piccata, Garden Brown Rice
 Sauteed Swiss Chard & Tomatoes
 Pie of the Day

14 BREAKFAST

Oatmeal, Buttermilk Waffles
 Choice of Eggs, Meat and Fruit
LUNCH
 Cream of Spinach Soup
 Pepperoni or Cheese Pizza
 Mixed Green Salad
 Ice Cream Sandwich
DINNER
 Mustard Herbs Roasted Chicken
 Orzo Pasta Pilaf, Sauteed Green Chard &
 Peppers, Tapioca Pudding

15 BREAKFAST

Oatmeal, French Toast
 Choice of Eggs, Meat and Fruit
LUNCH
 Matzo Ball Soup, Shrimp Lo Mein
 Oriental Vegetable, Spumoni Ice Cream
DINNER
 Ribe Eye Steak & Gravy
 Paprika Potatoes, Steamed Broccoli
 Red Velvet Cake

16 BREAKFAST

Oatmeal, Poached Eggs
 Choice of Meat and Fruit
LUNCH
 Mushroom and Barley Soup
 Egg Salad Croissant Sandwich
 Three Bean Salad and Fresh Fruit
 Ice Cream Cookies
DINNER
 Roasted Turkey, Bread Stuffing
 Steamed Green Beans, Fruit Cobbler

17 St. Patrick's Day

BREAKFAST
 Oatmeal, Cinnamon Roll
 Choice of Eggs, Meat and Fruit
LUNCH
 Cream of Potato Chowder
 Grilled Chicken Caesar Salad
 Crispy Croutons, Spumoni Ice Cream
DINNER
 Catch of the Day
 Sweet Yam Souffle, Steamed Cauliflower
 Orange Cake

18 BREAKFAST

Oatmeal, Bagel Blast
 Lettuce, Tomato, Cucumber, Capers
LUNCH
 Turkey Rice Soup, Vegetable Quiche
 Side of Mixed Green Salad
 Dessert of the Day
DINNER
 Pot Roast, Mashed Potatoes
 Steamed Vegetable Medley
 Chocolate Cake

19 BREAKFAST

Oatmeal, Fresh Pancakes
 Choice of Eggs, Meat and Fruit
LUNCH
 Corn Chowder Soup
 Stuffed Avocado Choice: Tuna or Egg
 Salad, Dinner Roll, Pie of the Day
DINNER
 Spaghetti and Turkey Meatballs
 Garlic Bread, Steamed Broccoli
 Blueberry Cobbler

20 BREAKFAST

Oatmeal, Fresh Baked Muffin
 Choice of Eggs, Meat and Fruit
LUNCH
 Lentil Soup, Seafood Cakes
 Spring Mixed Salad, Banana Split
DINNER
 Rosemary Chicken, Steamed Red
 Potatoes, Steamed Mixed Vegetables
 Bread Pudding

21 BREAKFAST

Oatmeal, Fresh Waffles
 Choice of Eggs, Meat and Fruit
LUNCH
 Beef and Barley Soup
 Reuben Sandwich, Onion Rings
 Fruit, Fruit Jell-O
DINNER
 Roasted Leg of Lamb, Root Vegetable
 Souffle, Sauteed Green Beans
 Pineapple Cake

22 BREAKFAST

Oatmeal, French Toast
 Choice of Eggs, Meat and Fresh Fruit
LUNCH
 Matzo Ball Soup, Chef's Salad
 Pesto Pita Bread
 Carrot Cake
DINNER
 Catch of the Day
 Barley Pilaf, Mixed Blend Vegetables
 Pumpkin Pie

23 BREAKFAST

Oatmeal, Turkey and Cheese Omelet
 Choice of Meat and Fruit
LUNCH
 Zucchini Cilantro Soup
 Sweet and Sour Chicken, Over Steamed
 Rice, Steamed Green Peas
 Strawberry Cake
DINNER
 Rib Eye Steak au Jus, Au Gratin Potatoes
 Sauteed Oriental Vegetables, Peach Pie

24 BREAKFAST

Oatmeal, Fresh Baked Biscuits
 Choice of Eggs, Meat and Fruit
LUNCH
 Cream of Tomato Soup, Sausage,
 Macaroni & Cheese, Steamed Broccoli
 Assorted Cakes
DINNER
 Cranberry Pork Loin, Smashed Root
 Vegetables, Sauteed Vegetable
 Succotash, Cookies ala Mode

25 BREAKFAST

Oatmeal, Bagel Blast, Lettuce, Tomato
 Cucumber, Capers
LUNCH
 Beef Noodle Soup, Chicken Enchiladas
 Spanish Rice, Refried Beans
 Guacamole, Pico de Gallo, Sour Cream
 Sunday Sundae
DINNER
 Beef Lasagna, Garlic Bread
 Baked Zucchini and Yellow Squash
 Boston Cream Pie

26 BREAKFAST

Oatmeal, Waffles, Link Sausage
 One Egg Over Easy
LUNCH
 Split Peas, Seafood, Ravioli
 Sauteed Vegetable Ratatouille
 Apple Upside Down Cake
DINNER
 Rack of Lamb, Paprika Roasted Potatoes
 Steamed Mixed Vegetables
 Rice Pudding

27 BREAKFAST

Oatmeal, Baked Muffin
 Scrambled Eggs, Sausage
LUNCH
 Italian Wedding Soup, Cobb Salad
 Pesto Flatbread
 Butter Pecan Ice Cream w/Berries
DINNER
 Chicken Marsala, Barley Pilaf
 Sauteed Blend Vegetable Succotash
 Strawberry Cake

28 BREAKFAST

Oatmeal, Pancakes
 Choice of Eggs, Meat and Fruit
LUNCH
 Cream of Broccoli Soup
 Tuna Salad Wrap, Cole Slaw Salad
 Fruit, Chocolate Cake
DINNER
 Filet Mignon Medallions
 Side of Pasta, Oriental Mixed Vegetables
 Lemon Meringue Pie

29 BREAKFAST

Oatmeal, French Toast
 Choice of Eggs, Meat and Fresh Fruit
LUNCH
 Matzo Ball Soup, Turkey Pasta Salad
 Fruit Jell-O
DINNER
 BBQ Pork Ribs
 Corn on the Cobb, Baked Beans
 Red Velvet Cake

30 Passover (ends at sundown)

Good Friday
BREAKFAST
 Oatmeal, Sausage & Cheese Omelet
 Hash Browns, Meat and Fresh Fruit
LUNCH
 Vegetable Soup, Pepperoni or Cheese
 Pizza, Mixed Green Salad
 Spumoni Ice Cream
PASSOVER SEDER DINNER
 Matzo Ball Soup, Rack of Lamb
 Mashed Potatoes, Fruit Compote

31 BREAKFAST

Oatmeal, Coffee Cake
 Choice of Eggs, Meat and Fruit
LUNCH
 Clam Chowder Soup
 Crispy Chicken Tenderloin
 Carrot Slaw, Fruit, Chocolate Eclairs
DINNER
 Catch of the Day, Carrot Souffle
 Steamed Cauliflower
 Banana Cake
 (Matzah, Passover desserts, and Passover friendly
 menu alternatives available for all of Passover)

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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