

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
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| BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Tortilla Soup Chicken Fajitas Spanish Rice, Refried Beans Churros DINNER Vegetable Soup Beef Stuffed Bell Peppers Garden Rice Mixed Vegetables Lemon Cake | BREAKFAST Oatmeal, Waffles, Scrambled Egg Fruit, Hot or Cold Cereal LUNCH Minestrone Soup Hamburgers & Hot Dogs French Fries, Watermelon, Apple Pie DINNER Lentil Soup Beef Pot Roast Mashed Potatoes Dinner Roll Poached Cinnamon Pears Labor Day | BREAKFAST Oatmeal, Baked Muffin, Eggs Sausage, Fruit Hot or Cold Cereal LUNCH Cream of Mushroom Egg Salad Croissant Beet Salad, Fresh Fruit Ambrosia Salad DINNER Vegetable Soup Baked Fish Scalloped Potatoes, Roasted Carrots Banana Bread | BREAKFAST Oatmeal, Blueberry Pancakes Scrambled Eggs, Fruit Hot or Cold Cereal LUNCH Zucchini Soup Meatball Sub Sandwich Curly Fries, Coleslaw, Chocolate Cake DINNER French Onion Soup Salisbury Steak Mashed Potatoes Steamed Broccoli Ice Cream | BREAKFAST Oatmeal, French Toast Scrambled Eggs Sausage Fruit, Hot or Cold Cereal LUNCH Tomato Soup, Cheese Pizza Garden Salad Pound Cake DINNER Garbanzo Bean Soup Beef & Vegetable Stuffed Eggplant Herbed Lemon Quinoa Peach Cobbler | BREAKFAST Oatmeal, Danish Vegetable Omelet Fruit, Hot or Cold Cereal LUNCH Lentil Soup Summer Chicken Salad Garlic Flatbread, Ice Cream DINNER Matzo Ball Soup Baked Tilapia Roasted Carrots Couscous Marble Cake | BREAKFAST Oatmeal, Coffee Cake Scrambled Eggs Sausage, Fruit Hot or Cold Cereal LUNCH Garden Salad Chili over Rice Fresh Fruit Challah, Cookies DINNER Tilapia Rice Pilaf Bean Salad, Pasta Salad, Challah Brownie | |
| BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Butternut Squash Soup Tuna Melt, Coleslaw, Dill Pickle Spears Pear Cake DINNER Rice Soup Chicken Francaise Wild Rice, Baby Carrots Vanilla Cake Grandparents Day | BREAKFAST Oatmeal, Waffles, Scrambled Eggs Fruit, Hot or Cold Cereal LUNCH Cream of Mushroom Soup Veggie Burger, Three Bean Salad Potato Chips, Carrot Cake DINNER Vegetable Soup Spaghetti w/ Meat Sauce Broccoli & Cauliflower Garlic Bread Chocolate Chip Cookies | BREAKFAST Oatmeal, Baked Muffin, Sausage, Fruit, Hot or Cold Cereal LUNCH Egg Drop Soup Hawaiian Meatballs, Steamed Rice Oriental Vegetables Almond Cookies DINNER Cabbage Soup Baked Tilapia Green Beans w/ Cherry Tomatoes Couscous Lemon Cake | BREAKFAST Oatmeal, Blueberry Pancakes Scrambled Eggs, Fruit Hot or Cold Cereal LUNCH Tortilla Soup Chicken Taco Salad Banana Bread DINNER Garbanzo Bean Soup Beef Stroganoff Egg Noodles Roasted Cauliflower Peach Cobbler | BREAKFAST Oatmeal, French Toast Scrambled Eggs, Fruit Hot or Cold Cereal LUNCH Cream of Carrot Vegetable Quiche, Zucchini Bread Strawberry Shortcake DINNER Split Pea Soup Pasta Marinara Mixed Vegetables Garlic Bread Bread Pudding | BREAKFAST Oatmeal, Danish, Vegetable Omelet Fruit, Hot or Cold Cereal LUNCH White Bean Soup Fish Tacos w/ Lime Slaw Spanish Rice & Refried Beans Rice Pudding DINNER Matzo Ball Soup BBQ Chicken Corn on the Cob Baked Beans Brownie | BREAKFAST Oatmeal, Coffee Cake Scrambled Eggs Fruit Hot or Cold Cereal LUNCH Garden Salad Slow Cooked Pot Roast Challah Peach Pie DINNER Baked Salmon Lemon Couscous Roasted Carrots Apple Cake | |
| BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Tomato Basil Soup Ground Beef Pita Curly Fries, Israeli Salad Carrot Cake DINNER Pinto Bean Soup Shepherd's Pie Honey Roasted Carrots Dinner Roll Chocolate Cake | BREAKFAST Oatmeal, Waffles, Scrambled Eggs, Fruit, Hot or Cold Cereal LUNCH Tortilla Soup Cheese/Vegetable Quesadillas Refried Beans, Spanish Rice DINNER Churros Minestrone Soup Eggplant Casserole Capri Blend Vegetables Garlic Bread Apple Pie | BREAKFAST Oatmeal, Baked Muffin Sausage Fruit, Hot or Cold Cereal LUNCH Fideo Soup Chicken Tenderloin, Curly Fries Coleslaw, Fruit Salad Watermelon DINNER White Bean Soup Beef Stew w/ Vegetables Mashed Potatoes Dinner Roll Pineapple Cake | BREAKFAST Oatmeal, Blueberry Pancakes Scrambled Eggs, Fruit Hot or Cold Cereal LUNCH Tomato Cabbage Soup Hamburgers French Fries, Pickle Spears Watermelon DINNER Lentil Soup Chicken Cacciatore Egg Noodles Roasted Broccoli | BREAKFAST Oatmeal, French Toast Scrambled Eggs, Fruit Hot or Cold Cereal LUNCH Zucchini Soup Roast Beef Sandwich Sweet Potato Fries, Dill Pickle Spear Ice Cream DINNER Kidney Bean Soup Beef Lasagna Steamed Broccoli, Garlic Roll Banana Cake | BREAKFAST Oatmeal, Danish Vegetable Omelet Fruit, Hot or Cold Cereal LUNCH Corn Chowder Smoked Salmon Pasta Roll, Chocolate Cake DINNER Matzo Ball Soup Oven Braised Brisket Roasted Potatoes & Carrots Sorbet | BREAKFAST Oatmeal, Coffee Cake Scrambled Eggs Turkey Sausage Fruit, Hot or Cold Cereal LUNCH Tomato & Cucumber Salad Beef Stew & Rice Challah Chocolate Chip Cookies DINNER Rosemary Roasted Chicken Roasted Potatoes, Green Beans Strawberry Cake Oktoberfest Begins | |
| BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Butternut Squash Soup Turkey Patty Melt Sweet Potato Fries, Pickle Spears Orange Cake DINNER Split Pea Soup Beef & Vegetable Lasagna Roasted Broccoli, Garlic Bread Ice Cream Autumn Begins | BREAKFAST Oatmeal, Waffles Scrambled Eggs Fruit, Hot or Cold Cereal LUNCH Cabbage Celery Soup Cheese Pizza, Garden Salad Yogurt Parfait DINNER Kidney Bean Soup BBQ Meatloaf, Mashed Potatoes Carrots & Cauliflower Poached Pears | BREAKFAST Oatmeal, Baked Muffin, Eggs Sausage, Fruit Hot or Cold Cereal LUNCH Carrot Soup Ground Beef Shell Tacos Spanish Rice, Refried Beans Bread Pudding DINNER Garbanzo Bean Soup Grilled Tilapia Sautéed Green Beans Lemon Couscous | BREAKFAST Oatmeal, Blueberry Pancakes Scrambled Eggs, Fruit Hot or Cold Cereal LUNCH Egg Drop Soup Beef Chow Mein Oriental Vegetables Chocolate Chip Cookies DINNER Squash Soup Pasta Bolognese Mixed Vegetables, Roll Baked Cinnamon Apples | BREAKFAST Oatmeal, French Toast Scrambled Eggs, Sausage Fruit, Hot or Cold Cereal LUNCH Pinto Bean Soup Tuna Stuffed Tomato Garden Salad Banana Cake DINNER Vegetable Soup Spaghetti w/ Meatballs Broccoli & Cauliflower Garlic Bread | BREAKFAST Oatmeal, Danish Vegetable Omelet Fruit, Hot or Cold Cereal LUNCH Egg Drop Soup Chicken Teriyaki Steamed Rice Oriental Vegetables, Almond Cookies DINNER Matzo Ball Soup Salisbury Steak Mashed Potatoes Green Beans Almondine | BREAKFAST Oatmeal, Coffee Cake Scrambled Eggs Turkey Sausage Fruit, Hot or Cold Cereal LUNCH Corned Beef Potatoes & Cabbage Challah Apple Pie DINNER Baked Tilapia Orzo Pasta, Carrot Salad Challah Raisin Cookies | |
| BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Tortilla Soup Beef Fajitas Spanish Rice, Refried Beans Vanilla Cake DINNER Lentil Soup Chicken Cacciatore, Couscous Roasted Green Beans Peach Pie | BREAKFAST Oatmeal, Waffles, Scrambled Eggs Fruit, Hot or Cold Cereal LUNCH Black Bean Soup Fish Tacos w/ Lime Slaw Fresh Corn Salad Churros DINNER Carrot Soup Spaghetti w/ Meatballs Steamed Broccoli Garlic Bread Berry Cobbler | | | | | | |

CityView September 2024
Community Menu