

THE TERRACE AT NEWARK

WEEK 1

FALL/WINTER 2021 - 2022

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
CHEESY HAM SCRAMBLE - 4 OZ. GF TOAST - 2 SL. JUICY CUT MELON - 4 OZ. GF JUICE - 4 OZ. GF	FLUFFY BUTTERMILK PANCAKES - 2 CRISP BACON - 2 SL. GF JUICE - 4 OZ GF BANANA - GF	HOT OR COLD CEREAL - 4 OZ. BREAKFAST PASTRY - 1 FRUIT COCKTAIL - 4 OZ GF JUICE - 4 OZ. GF	FLUFFY SCRAMBLED EGGS - 2 GF SAUSAGE PATTY - 1 GF BUTTERED TOAST - 1 SL. ORANGE SLICES - 4 OZ- GF JUICE - 4 OZ. GF	TASTY FRENCH TOAST - 2 SL. CRISPY BACON - 2 SL. GF JUICY PEACHES - 4 OZ. GF JUICE - 4 OZ. GF	FRIED EGG FRIDAY - 2 GF SIZZLING GRILLED HAM - 2 OZ. GF BUTTERED TOAST - 2 SL. PEARS- 4OZ. JUICE - 4 OZ. GF	GOLDEN WAFFLES - 2 SIZZLING SAUSAGE LINKS - 2 GF FRESH FRUIT - 4 OZ. GF JUICE - 4 OZ GF
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
TENDER POT ROAST - 4 OZ. GF WITH BABY CARROTS & POTATOES - 4 OZ. GF ROLL - 1 SWEET APPLE PIE - 1 SL.	HOMEMADE MEATLOAF - 4 OZ. BEETS - 4 OZ. GF WHEAT ROLL - 1 CHOC. FROSTED PEANUT BUTTER BAR - 1	PORK LOIN W/ROASTED APPLES - 4 OZ. GF FLAVORFUL SQUASH - 4 OZ. WHEAT ROLL - 1 POUND CAKE W/RASPBERRY SAUCE - 1 SL	SPAGHETTI & MEATBALLS - 6 OZ. WARM ITALIAN BREAD - 1 SL. SIDE SALAD - 4 OZ BLACK FOREST CUPCAKES/SF - 1	CHICKEN & BISCUITS - 4 OZ. POTATOES - 4 OZ. GF BUTTERY PEAS - 4 OZ. GF CREAMY VANILLA PUDDING - 4 OZ. GF	STUFFED SOLE - 4 OZ. GF WARM APPLESAUCE - 4 OZ. GF RICE PILAF - 4 OZ. GF LEMON COOKIE CUP /SF - 1	JUICY CHEESEBURGER DELUXE - 3 OZ. GF ROLL - 1 CRISPY FRENCH FRIES - 4 OZ. GF CARROTS - 4 OZ. GF ICE CREAM SUNDAES - 4 OZ. GF
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
PEPPERONI/CHEESE PIZZA - 2 SL. SIDE SALAD - 4 OZ. GF DELICIOUS OATMEAL RAISIN COOKIE - 1	RYE BREAD TUNA MELT - 4 OZ. SWEET POTATO FRENCH FRIES - 4 OZ. GF FRENCH STYLE GREEN BEANS - 4 OZ. GF CHILLED PEARS - 4 OZ. GF	RUBEN ON MARBLED RYE - 4 OZ. CRISPY TATER TOTS - 4 OZ. GF SWEET CORN - 4 OZ. GF FRUITED JELLO - 4 OZ. GF	GRILLED HAM & CHEESE - 4 OZ. HEART HEALTHY VEGETBLE SOUP - 4 OZ. GF ANGEL FOOD CAKE W/ FRUIT TOPPING - 1 SL.	GRILLED HOTDOG W/PEPPERS & ONIONS - 1 GF ROLL - 1 MACARONI SALAD - 4 OZ. SWEET PINEAPPLE CHUNKS - 4 OZ. GF	EGG SALAD SANDWICH - 4 OZ LOADED BAKED POTATO SOUP - 4 OZ. FRUIT COCKTAIL - 4 OZ. GF	CHICKEN SALAD -GF SANDWICH W/LETTUCE & TOMATO - 4 OZ. POTATO CHIPS - 2 OZ. GF FRUIT CUP - 4 OZ. GF

DRINKS BELOW ARE OFFERED AT ALL MEALS  
Milk, ice water, coffee, tea, and juice.

OATMEAL, TOAST, COLD CEREAL, AVAILABLE DAILY

SUBSTITUTION LIST: PLEASE REQUEST ALTERNATIVES 2 HOURS PRIOR TO MEAL - Grilled cheese, sliced ham or turkey sandwich, chicken or turkey salad sandwich, mashed potatoes, tossed salad, cottage cheese, fruit cup and chicken tenders.

TOSSED SALAD CONSISTS OF: lettuce, tomato, cucumber, onion, green peppers, mushrooms, and carrots.