

TERRACE AT NEWARK

WEEK 2

FALL/WINTER 2021/2022

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
BEEF STEW 6 OZ. GF OVER FLAKEY BISCUIT - 1 CORN - 4 OZ GF BANANA CREAM PIE - 1 SL.	ROASTED CHICKEN - 3 OZ. GF SAVORY STUFFING - 4 OZ. CHICKEN GRAVY - 2 OZ. FRESH ZUCCHINI - 4 OZ. GF ROLL - 1 HOMEMADE CHERRY COBBLER - 4 OZ.	SALISBURY STEAK - 4 OZ. W/ MUSHROOM GRAVY GREEN BEANS - 4 OZ. GF BUTTERED NOODLES - 4 OZ. WHEAT ROLL - 1 FRESH BAKED SUGAR COOKIE - 1	CREAMY MAC & CHEESE - 6 OZ. STEWED TOMATOES - 4 OZ. GF WARM DINNER ROLL - 1 FRUIT MEDLEY - 4 OZ. GF	OPEN FACED HOT TURKEY - 3 OZ. GF BREAD - 1 SL. FLUFFY MASHED POTATOES - 4 OZ. GF WARM CINNAMON APPLESAUCE - 4 OZ. GF	THREE CHEESE LASAGNA W/ITALIAN SAUSAGE - 6 OZ. BROCOLLI - 4 OZ. GF WARM BREAD STICKS - 1 CREAMY VANILLA PUDDING - 4 OZ. GF	BREADED CHICKEN SANDWICH ON HARD ROLL - 5 OZ. CUP OF HOT SOUP - 4 OZ. MIXED BERRIES - 4 OZ. GF
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
TUNA SALAD - 3 OZ. GF ON BREAD - 2 SL. POTATO CHIPS - 2 OZ. GF PICKLES - 2 OZ. GF CHILLED PEACHES - 4 OZ. GF	ROAST BEEF WITH PROVOLONE CHEESE - 3 OZ. GF SLIDER - 1 SOUTHWEST RICE SALAD - 4 OZ. GF MIXED FRUIT -4 OZ. GF	KEILBASA - 4 OZ. GF FRESH CABBAGE - 2 OZ. GF PEAS - 4 OZ. GF ROLL - 1 CHILLED JELLO - 4 OZ. GF	SLOPPY JOE - 4 OZ. GF ON ROLL - 1 CRISP TATER TOTS - 4 OZ. HEAVENLY CREAM PUFF - 1	STUFFED PEPPERS - 4 OZ. GF CARROTS - 4 OZ. GF WHEAT ROLL - 1 POUND CAKE - 1 SL.	BROILED LEMON PEPPER FISH - 3 OZ. GF CREAMY COLESLAW - 4 OZ. GF GARDEN RICE - 4 OZ. GF ROLL - 1 CHEWY CHOC. CHIP COOKIE/SF - 1	PEPPERONI/CHEESE PIZZA - 2 SL. CRISP SIDE SALAD - 4 OZ. GF CHOC. MINT CREAM PIE - 1 SL

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.