

TERRACE AT NEWARK

WEEK 3

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
ITALIAN SAUSAGE W/PEPPERS & ONIONS - 4 OZ. GF ON ROLL - 1 HOMEMADE POTATO SALAD - 4 OZ. GF JELLO PARFAIT - 4 OZ. GF	HOMEMADE MEATLOAF - 4 OZ. BUTTERY CORN - 4 OZ. GF MASHED POTATOES - 4 OZ. GF CHILLED PINEAPPLE - 4 OZ. GF	ROASTED PORK LOIN - 3 OZ. GF SAVORY STUFFING - 4 OZ. FRESH SQUASH - 4 OZ. GF LUCIOUS PUMPKIN PIE/SF - 1 SL	JUICY HAM STEAK - 3 OZ. GF BAKED POTATO - 1 GF STEAMED CAULIFLOWER - 4 OZ. GF WHEAT ROLL - 1 ZESTY LEMON PIE/SF - 1 SL	ROASTED CHICKEN LEG - 4 OZ. GF WILD RICE - 4 OZ. FRENCH CUT GREEN BEANS - 4 OZ. GF ROLL - 1 RICH CHOC. MOUSSE/SF - 4 OZ. GF	FLAKY FISH - 3 OZ. GF ROLL - 1 CREAMY COLESLAW - 4 OZ. GF CRISPY FRENCH FRIES - 4 OZ. GF JUMBO PEANUT BUTTER COOKIE/SF - 1	OPEN FACED ROAST BEEF SANDWICH - 3 OZ. BUTTERED NOODLES - 4 OZ. RICH BROWN GRAVY - 2 OZ. DECADENT COCONUT PIE - 1
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
HOMESTYLE CHICKEN NOODLE SOUP - 4 OZ. ½ SANDWICH WARM APPLESAUCE - 4 OZ. GF	TURKEY SALAD - 3 OZ GF ON BREAD - 2 SL. SIDE SALAD - 4 OZ. GF CREAMY CHOC. PUDDING - 4 OZ. GF	WHITE CHILI - 6 OZ. GF CORN BREAD - 1 SL. TROPICAL FRUIT - 4 OZ GF	EGG & OLIVE - 3 OZ. GF ON BREAD - 2 SL. PICKLES - 2 OZ. GF POTATO CHIPS - 2 OZ. GF MOIST BROWNIE /SF - 1	CHILI CON CARNE - 6 OZ. GF SWEET CORN BREAD - 1 BROCOLLI - 4 OZ. GF JUICY STRAWBERRY PIE - 1 SL.	JUICY MEATBALL SUBMARINE - 5 OZ. FRESH ZUCCHINI - 4 OZ. GF SWEET CHERRY CRISP/SF - 4 OZ.	BACON SWISS QUICHE - 4 OZ. BABY PEAS - 4 OZ. GF HEAVENLY ANGEL FOOD CAKE - 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.