

Terrace at Newark

WEEK 4

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<br>TOAST - 2 SL.<br>JUICY CUT MELON - 4 OZ. GF<br>JUICE - 4 OZ. GF             | FLUFFY BUTTERMILK PANCAKES - 2<br>CRISP BACON - 2 SL. GF<br>BANANA - 1 GF<br>JUICE - 4 OZ GF                | HOT OR COLD CEREAL - 4 OZ.<br>BREAKFAST PASTRY - 1<br>FRUIT COCKTAIL - 4 OZ GF<br>JUICE - 4 OZ. GF  | FLUFFY SCRAMBLED EGGS - 2 GF<br>SAUSAGE PATTY - 1 GF<br>BUTTERED TOAST - 1 SL.<br>ORANGE SLICES - 4 OZ- GF<br>JUICE - 4 OZ. GF | TASTY FRENCH TOAST - 2 SL.<br>CRISPY BACON - 2 SL. GF<br>JUICY PEACHES - 4 OZ. GF<br>JUICE - 4 OZ. GF                   | FRIED EGG FRIDAY - 2 GF<br>SIZZLING GRILLED HAM - 2 OZ. GF<br>BUTTERED TOAST - 2 SL.<br>PEARS- 4OZ. GF<br>JUICE - 4 OZ. GF | GOLDEN WAFFLES - 2<br>SIZZLING SAUSAGE LINKS - 2 GF<br>FRESH FRUIT - 4 OZ. GF<br>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>   |
| ROASTED TURKEY - 3 OZ. GF<br>SWEET POTATOES - 4 OZ. GF<br>BUTTERY CORN - 4 OZ. GF<br>WARM APPLE CRISP - 4 OZ. | STUFFED PEPPERS - 4 OZ. GF<br>FRESH CARROTS - 4 OZ. GF<br>WARM DINNER ROLL - 1<br>HOMEMADE SUGAR COOKIE - 1 | SALISBURY STEAK/W GRAVY - 4 OZ.<br>FRESH ASPARAGUS - 4 OZ. GF<br>SCALLOPED POTATOES - 4 OZ.<br>ROLL - 1<br>MIXED FRUIT CUP - 4 OZ. GF                 | SLOPPY JOES - 4 OZ. GF<br>ON ROLL - 1<br>CRISP GREEN BEANS - 4 OZ. GF<br>TATER TOTS - 4 OZ.<br>HOMEMADE CHOC. CHIP COOKIES - 2 | SAVORY CHICKEN POT PIES W/PEAS & CARROTS - 6 OZ.<br>CREAMED CORN - 4 OZ. GF<br>HEAVENLY CREAM PUFF - 1                  | HOMEMADE GOULASH - 6 OZ.<br>WARM ITALIAN BREAD - 1 SL.<br>SPINACH - 4 OZ. GF<br>JUICY STRAWBERRY SHORTCAKE - 4 OZ.         | LOADED BEEF STEW - 6 OZ.<br>WARM DINNER ROLL - 1<br>CHILLED SWEET PINEAPPLE - 4 OZ. GF<br>HOMEMADE VANILLA CUPCAKE - 1 |
| WARM APPLE CRISP - 4 OZ.  | HOMEMADE SUGAR COOKIE - 1   | MIXED FRUIT CUP - 4 OZ. GF  | HOMEMADE CHOC. CHIP COOKIE - 1   | HEAVENLY CREAM PUFF - 1   | JUICY STRAWBERRY SHORTCAKE - 4 OZ.   | HOMEMADE VANILLA CUPCAKE - 1   |
| <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER</b>  | <b>DINNER</b>  |
| RAVOLI W/MEAT SAUCE - 6 OZ.<br>STEAMED BROCCOLI - 4 OZ. GF<br>WHEAT ROLL - 1<br>TANGY LEMON MOUSSE - 4 OZ. GF | GRILLED CHEESE SANDWICH - 4 OZ.<br>CREAMY TOMATO SOUP - 4 OZ. GF<br>BOSTON CREAM PIE - 1 SL.                | SLICED HAM - 3 OZ. GF<br>ON SUB ROLL - 1<br>W/LETTUCE, TOMATO, ONION - 2 OZ.<br>MACARONI SALAD - 4 OZ.<br>PUMPKIN COOKIES W/CREAM CHEESE FROSTING - 2 | SHRIMP SCAMPI - 3 OZ. GF<br>OVER SPAGHETTI - 4 OZ.<br>GLAZED CARROTS - 4 OZ. GF<br>MOIST POUND CAKE - 1 SL                     | CHEESEBURGER - 3 OZ. GF<br>ON ROLL - 1<br>FRENCH FRIES - 4 OZ. GF<br>MIXED VEG - 4 OZ GF<br>FROSTY ICE CREAM - 4 OZ. GF | TUNA SALAD - 3 OZ. GF<br>ON BREAD - 2 SL.<br>3-BEAN SALAD - 4 OZ. GF<br>CHOC. PUDDING W/WHIPPED TOPPING - 4 OZ. GF         | PEPPERONI, CHEESE PIZZA - 1 SL.<br>CRISPY CHICKEN TENDERS - 2 OZ.<br>MIXED FRUIT CUP - 4 OZ. GF                        |
| TANGY LEMON MOUSSE - 4 OZ. GF   | BOSTON CREAM PIE - ½ SL.  | PUMPKIN COOKIE W/CRM CH FROSTING-1  | MOIST POUND CAKE - ½ SL  | FROSTY ICE CREAM - 4 OZ. GF   | CHOC. PUDDING W/ WHIPPED TOP - 4 OZ GF   | MIXED 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

Approved as written 10/12/21



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.