THE TERRACE AT NEWARK WEEK 4 FALL/WINTER 2026-2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
SCRAMBLED EGGS- 4 OZ GF HASHBROWNS- 4 OZ GF TOAST 1 SL. ORANGE SLICES-4OZ GF JUICE-4OZ GF	PANCAKES-2 EACH BACON-2 SLICES GF MIXED BERRIES-4 OZ GF JUICE-4 OZ GF	HOT OR COLD CEREAL-4 OZ MUFFINS-1 EACH GRAPES-4 OZ GF JUICE-4 OZ GF	SAUSAGE, EGG & CHEESE BREAKFAST SANDWICH-4 OZ STRAWBERRIES-4 OZ GF JUICE-4 OZ GF	CINNAMON FRENCH TOAST-2 SLICES BACON-2 SLICES GF FRESH MELON-4 OZ GF JUICE-4 OZ GF	FRIED EGG FRIDAY-2 EACH GF HASH BROWNS-4 OZ GF TOAST- 1 SLICE YOGURT-4 OZ GF JUICE-4 OZ GF	GOLDEN WAFFLES-2 EACH SAUSAGE LINKS-2 EACH GF BANANAS-1 EACH GF JUICE-4 OZ GF
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
ROAST TURKEY-3OZ GF MASHED POTATOES-4OZ GF GRAVY-2OZ CORN-4OZ GF ROLL-1EA APPLE CRISP-4OZ	SPANISH RICE-6OZ GF PRINCE EDWARD MEDLEY-4OZ GF DINNER ROLL-1 EACH SUGAR COOKIE-2 EA	SCALLOPED POTATOES AND HAM-6OZ CARROTS-4OZ GF SOFT DINNER ROLL-1 EACH PEACH COBBLER-4OZ	BAKED POTATO BAR-1 EACH GF (CHEDDAR AND BACON) BROCCOLI-4 OZ GF WHEAT ROLL-1 EACH CHOCOLATE CHIP COOKIES-2EA	BAKED CHICKEN-3OZ GF RICE PILAF-4OZ GF MIXED VEGTETABLES-4OZ GF CREAMSICLE SALAD-4OZ GF	PORK LOIN-3OZ GF FINGERLING POTATOES-4OZ GF BRUSSEL SPROUTS-4OZ GF DINNER ROLL - 1 PINEAPPLE CHUNKS 4OZ GF	GOULASH 6OZ GREEN BEANS- 4OZ GF ITALIAN BREAD 1 PC RICE PUDDING-4OZ GF
APPLE CRISP-4 OZ	SUGAR COOKIE-1 EA	PEACH COBBLER-4OZ	CHOCOLATE CHIP COOKIE-1EA	CREAMSICLE SALAD-4OZ GF	PINEAPPLE CHUNKS 4OZ GF	RICE PUDDING-4 OZ GF
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
CHEESEBURGER GF ON A BUN-3OZ/1 EACH PICKLES-2 GF MACARONI SALAD-4OZ LEMON MOUSSE-4OZ GF	GRILLED CHEESE SANDWICH-4OZ TOMATO SOUP-4OZ GF ANGEL FOOD CAKE WITH STRAWBERRIES-1 PIECE/2OZ	CRANBERRY CHICKEN SALAD-3OZ GF ON A CROISSANT-1 EACH VEGETABLE SOUP-4OZ GF FRESH MELON-4OZ GF	CHEESE RAVIOLI-6OZ SIDE SALAD-4OZ GF ICE CREAM SANDWICH-1 EACH	SEAFOOD SALAD-3OZ GF ON A ROLL POTATO SOUP-4OZ POUND CAKE W/ RASPBERRY SAUCE 1 PC/ 2 OZ	TUNA SALAD 3OZ GF ON RYE BREAD-2SLICES MINESTRONE SOUP-4OZ TROPICAL FRUIT-4OZ GF	CHICKEN TENDERS W/RANCH-3OZ/1OZ PEAS-4OZ GF WHEAT ROLL-1 EACH BANANA CREAM PIE-1 SL
LEMON MOUSSE-4OZ GF	ANGEL FOOD CAKE WITH STRAWBERRIES-1 PIECE/2OZ	MELON-4OZ GF	ICE CREAM SANDWICH-1 EACH	POUND CAKE W/ RASPERRY SAUCE 1 PC/ 2 OZ	TROPICAL FRUIT-4OZ GF	BANANA CREAM PIE-½ SL

Refreshments available daily at 10:00 AM in the Café

Fresh fruit is available in the café for an evening snack at 7:30 PM daily

Consistent Carbohydrate Diet dessert portions are listed in the shaded section below Regular/NAS desserts.

DRINKS BELOW ARE OFFERED AT ALL MEALS OATMEAL, TOAST, COLD CEREAL, AVAILABLE DAILY

Milk, ice water, coffee, tea, and juice.

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

TOSSED SALAD CONSISTS OF: lettuce, tomato, cucumber

Approved as written 10/4/26

Dorothy Dellolacono, RD, LDN