THE TERRACE AT NEWARK WEEK 5 FALL/WINTER 2026-2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 4/26/2025
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
SCRAMBLED EGGS-4OZ GF HASHBROWNS- 4 OZ GF TOAST 1 SL. ORANGE SLICES-4OZ GF JUICE-4OZ GF	BLUEBERRY 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	WAFFLES-2 EACH SAUSAGE LINKS-2 EACH GF BANANAS-1 EACH GF JUICE-4 OZ GF
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
SLICED HAM SANDWICH-4OZ POTATO CHEDDAR SOUP-4OZ ICE CREAM CUP-1EA GF	CHICKEN BROCCOLI ALFREDO-6OZ SIDE SALAD-4OZ GF DINNER ROLL-1 EACH CREAMY FRUIT SALAD-4OZ GF	HAMBURGER WITH LETTUCE AND TOMATO-4OZ GF ON A BUN- 1 EA FRENCH FRIES-4OZ GF PEARS-4OZ GF	LASAGNA WITH MEAT SAUCE-6OZ BREAD STICKS-1 EACH SPINACH-4OZ GF PUMPKIN MOUSSE-4OZ GF	BAKED HAM-3OZ GF SWEET YAMS-4OZ GF MIXED VEGETABLES-4OZ GF CREAMY CHEESECAKE-1 PIECE	MACARONI AND CHEESE-6OZ STEWED TOMATOES-4OZ GF SOFT DINNER ROLL-1 EACH BANANA PUDDING-4OZ GF	POPCORN SHRIMP-3OZ POTATO WEDGES-4OZ GF BROCCOLI-4OZ GF VANILLA CUPCAKE-1EA
ICE CREAM CUP-1EA GF	CREAMY FRUIT SALAD-4OZ GF	PEARS-4OZ GF	PUMPKIN MOUSSE-4OZ GF	CHEESECAKE-1 PIECE	BANANA PUDDING-4OZ GF	VANILLA CUPCAKE-1EA
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
HOT DOG ON A BUN-2OZ/1EACH TATER TOTS-4OZ GF BEETS-4OZ GF BUTTERSCOTCH PUDDING-4OZ GF	BREADED FISH-3OZ COLESLAW-4OZ GF WHEAT DINNER ROLL-1 EACH APPLE CRISP-4OZ	THREE CHEESE GRILLED CHEESE ON ITALIAN BREAD-4OZ TOMATO SOUP-4OZ GF FUDGE BROWNIE-1 EACH	TUNA SALAD SANDWICH-3OZ/2SLICES PEA SOUP-4OZ GF MIXED BERRIES-4OZ GF	CHICKEN PARMESAN SANDWICH-5OZ SIDE SALAD-4OZ GF JELLO-4OZ GF	SLICED TURKEY SANDWICH-4OZ MINESTRONE SOUP-4OZ APPLESAUCE-4OZ GF	MEATBALL SUB-5OZ GREEN BEANS-4OZ GF CHOCOLATE CHIP COOKIES-2 EACH
BUTTERSCOTCH PUDDING-4OZ GF	APPLE CRISP-4OZ	FUDGE BROWNIE-1 EACH	MIXED BERRIES-4OZ GF	JELLO-4OZ GF	APPLESAUCE-4OZ GF	CHOCOLATE CHIP COOKIES-1 EACH

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 Dolly Jane, RD, LDN