THE TERRACE AT NEWARK WEEK 1 FALL/WINTER 2026-2027

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-4OZ GF JUICE-4OZ 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 HASHBROWNS-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**
SCALLOPED POTATOES WITH HAM-6OZ CALIFORNIA MIXED VEGETABLES-4OZ GF SOFT DINNER ROLL-1 EACH PEACH COBBLER-4OZ	**CHICKEN QUESADILLA-1 EACH BLACK BEANS AND RICE- 4 OZ GF SUGAR COOKIE-2EA**	**TATER TOT CASSEROLE 6OZ GREEN BEANS-4OZ GF ICE CREAM SANDWICH-1 EACH**	**ROTINI AND MEATBALLS-4OZ/2OZ BROCCOLI-4 OZ GF SOFT ITALIAN BREAD-1 SLICE CHOCOLATE CAKE WITH FROSTING-1 PIECE**	**CHICKEN with VEGETABLES AND BISCUITS-6OZ/2OZ BUTTERSCOTCH PUDDING-4OZ GF**	**BREADED FISH SANDWICH-5OZ COLESLAW-4OZ GF PEACHES-4OZ GF**	**CHEF SALAD WITH MEAT-6 OZ GF BREAD STICKS-1 EACH LEMON PUDDING-4OZ GF**
PEACH COBBLER-4OZ	**SUGAR COOKIE-1EA**	**ICE CREAM SANDWICH-1 EACH**	**CHOCOLATE CAKE WITH FROSTING-1/2 PIECE**	**BUTTERSCOTCH PUDDING-4OZ GF**	**PEACHES-4 OZ GF**	**LEMON PUDDING-4OZ GF**
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
PEPPERONI PIZZA-2 SLICES FRESH SIDE SALAD-4OZ GF OATMEAL COOKIES-2 EACH	**HAMBURGER W/LETTUCE AND TOMATO-4OZ GF ON A BUN-1 EA FRENCH FRIES-4 OZ GF MANDARIN ORANGES-4OZ GF**	**CHICKEN SALAD SANDWICH-5OZ POTATO SOUP-4 OZ TROPICAL FRUIT SALAD-4 OZ GF**	**HOT DOG GF ON A BUN-1 EA WITH PEPPERS AND ONIONS-2OZ GF BAKED BEANS-4OZ GF PINEAPPLE CHUNKS-4 OZ GF**	**REUBEN MELT-4OZ CREAMY CORN CHOWDER-4OZ FRUITED JELLO-4OZ GF**	**HAM AND SWISS CHEESE SANDWICH-3OZ/2 SLICES FRENCH ONION SOUP-4 OZ GF PEARS-4 OZ GF**	**VEGETABLE BEEF BARLEY SOUP-6 OZ GF TUNA SALAD SLIDER-1EA ANGEL FOOD CAKE WITH STRAWBERRIES-4 OZ**
OATMEAL COOKIE-1 EACH	**MANDARIN ORANGES-4OZ GF**	**TROPICAL FRUIT SALAD-4 OZ GF**	**PINEAPPLE CHUNKS-4OZ GF**	**FRUITED JELLO 4OZ GF**	**PEARS-4 OZ GF**	**ANGEL FOOD CAKE WITH STRAWBERRIES-4 OZ**

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 Kelly Lane, RD, LDN