THE TERRACE AT NEWARK WEEK 2 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-4OZ 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**
CHILI-6OZ GF PRINCE EDWARD MEDLEY-4OZ GF CORN BREAD-1 PIECE CHOCOLATE CREAM PIE-1 SL	POT ROAST-4OZ GF W/BABY CARROTS AND POTATOES-4OZ GF APPLE CRISP-4OZ	CHEESE RAVIOLI-6OZ MIXED VEGETABLES-4OZ GF SOFT ITALIAN BREAD-1SL CHOCOLATE CUPCAKE-1EA	HOT TURKEY AND GRAVY-3OZ/2OZ DRESSING-4OZ GREEN BEANS-4OZ GF DINNER ROLL-1EA PUMPKIN MOUSSE-4OZ GF	HAM STEAK-3OZ GF BRUSSELS SPROUTS-4OZ GF BAKED POTATO-1 EACH GF DINNER ROLL- 1 EACH CHOC CHIP COOKIE-2 EACH	MACARONI AND CHEESE-6OZ STEWED TOMATOES-4 OZ GF DINNER ROLL-1 EACH VANILLA PUDDING-4OZ GF	CHICKEN CAESAR SALAD-6OZ GF W/CROUTONS BREAD STICK-1EA BROWNIE-1 PC
CHOCOLATE CREAM PIE-½ SL	**APPLE CRISP-4OZ**	**CHOCOLATE CUPCAKE-1EA**	**PUMPKIN MOUSSE-4OZ GF**	**CHOC CHIP COOKIE-1 EACH**	**VANILLA PUDDING-4OZ GF**	**BROWNIE-1 PC**
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
SLICED TURKEY W/LETTUCE AND TOMATO- 3OZ GF ON BREAD – 2 SLICES POTATO CHIPS-1 OZ GF PLUMP GRAPES-4OZ GF	SLOPPY JOE-4OZ GF ON A BUN-1 EACH TATER TOTS-4 OZ GF CORN-4 OZ GF JELLO-4 OZ GF	BLT SANDWICH-4OZ VEGETABLE SOUP-4OZ GF PINEAPPLE CHUNKS-4OZ GF	EGG SALAD – 3OZ GF ON BREAD – 2 SLICES BROCCOLI CHEESE SOUP-4OZ APPLESAUCE-4OZ GF	BEER BATTERED FISH-3OZ COLESLAW-4OZ GF RICE PILAF-4OZ GF BANANA PUDDING-4OZ GF	SALSBURY STEAK W/ GRAVY-3OZ/2OZ MASHED POTATOES-4OZ GF CORN-4OZ GF FRUITED JELLO-4OZ GF	CRANBERRY CHICKEN SALAD-3OZ GF ON BREAD-2SL POTATO SOUP -4OZ TROPICAL FRUIT SALAD-4OZ GF
PLUMP GRAPES-4 OZ GF	**JELLO-4 OZ GF**	**PINEAPPLE CHUNKS-4OZ GF**	**APPLESAUCE-4OZ GF**	**BANANA PUDDING-4OZ GF**	**FRUITED JELLO-4OZ GF**	**TROPICAL FRUIT SALAD-4OZ GF**

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.
SUBSTITUTION LIST: 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
DRINKS OFFERED AT ALL MEALS: Milk, ice water, coffee, tea, and juice.

Approved as written 10/4/26

Dorothy Dellajane, RD, LDN