THE TERRACE AT NEWARK WEEK 3 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 FRESH MELON-4 OZ GF JUICE-4 OZ GF	CINNAMON FRENCH TOAST-2 SLICES BACON-2 SLICES GF STRAWBERRIES-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**
PEPPERONI PIZZA-2 SLICES SIDE SALAD-4OZ GF FRUIT COCKTAIL-4OZ GF	MEATLOAF-3 OZ CORN-4 OZ GF MASHED POTATOES-4 OZ GF GRAVY- 2OZ STRAWBERRY MOUSSE-4OZ	STUFFED SHELLS-2 EACH GREEN BEANS-4OZ GF DINNER ROLL-1 EACH PEANUT BUTTER COOKIE-2 EACH	VEGETABLE QUICHE-4OZ CARROTS-4OZ GF LEMON PUDDING-4OZ GF	SPAGHETTI WITH MEATBALLS-4OZ/2OZ TOSSED SALAD-4OZ GF SOFT DINNER ROLL-1 EACH CHOCOLATE MOUSSE-4OZ GF	BREADED FISH-3 OZ COLESLAW-4OZ GF FRENCH FRIES-4OZ GF WHEAT ROLL-1 EACH PINEAPPLE CHUNKS-4OZ GF	CHICKEN PATTY ON A BUN WITH LETTUCE AND TOMATO- 5OZ PICKLES-2 GF POTATO SALAD 4OZ GF VANILLA CUPCAKE-1 EACH
FRUIT COCKTAIL-4OZ GF	STRAWBERRY MOUSSE-4OZ	PEANUT BUTTER COOKIE-1 EACH	LEMON PUDDING-4OZ GF	CHOCOLATE MOUSSE-4OZ GF	PINEAPPLE CHUNKS-4OZ GF	VANILLA CUPCAKE-1 EACH
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
HAM SALAD – 3OZ GF ON BREAD – 2 SLICES BEEF BARLEY SOUP- 4OZ GF LEMON DESSERT BARS-1EA	EGG AND OLIVE SANDWICH 3OZ/2 SL FRENCH ONION SOUP 4OZ GF WITH MOZZERELLA AND CROUTONS PEACHES-4OZ GF	CHICKEN TENDERS-3OZ PASTA SALAD-4OZ PEARS-4 OZ GF	TURKEY SANDWICH W/ LETTUCE AND TOMATO 3OZ/2SL BROCCOLI CHEDDAR SOUP-4OZ FRUITED JELLO-4OZ GF	BBQ RIBLET ON A BUN-5OZ MINESTRONE SOUP-4OZ CINNAMON APPLESAUCE- 4OZ GF	SLICED HAM AND CHEESE SANDWICH-5OZ VEGETABLE SOUP-4OZ GF BROWNIE-1 PIECE	CHEDDAR DOG ON A BUN-1 EACH BAKED BEANS-4OZ GF POTATO CHIPS-4OZ GF ICE CREAM CUP-4OZ GF
LEMON DESSERT BARS-1EA	PEACHES-4OZ GF	PEARS-4 OZ GF	FRUITED JELLO-4OZ GF	APPLESAUCE-4OZ GF	BROWNIE- 1 PIECE	ICE CREAM CUP-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.

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 10/6/25

Dorothy Dalby/me, RD, LDN