

THE TERRACE AT NEWARK

MENU - WEEK 3

SPRING/SUMMER 2020

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CHEESY HAM SCRAMBLE - 4 OZ. GF BUTTERED TOAST - 2 SL. SWEET CUT MELON - 4 OZ. GF JUICE - 4 OZ. GF	FLUFFY PANCAKES - 2 CRISPY BACON - 2 SL. GF JUICE - 4 OZ. GF	ASSORTED DONUTS & DANISH - 1 HOT OATMEAL - 4 OZ. GF SWEET BERRIES - 4 OZ. GF JUICE - 4 OZ. GF	FLUFFY SCRAMBLED EGGS - 2 GF GRILLED SAUSAGE PATTY - 1 GF BUTTERED TOAST - 1 SL. ORANGE SLICES - 4 OZ. JUICE - 4 OZ. GF	SCRUMPTIOUS FRENCH TOAST - 2 SL. CRISPY BACON - 2 SL. GF FRESH FRUIT - 4 OZ. GF JUICE - 4 OZ. GF	FRIED EGG FRIDAY - 2 GF GOLDENHASH BROWNS - 4 OZ. GF BUTTERED TOAST - 2 SL. JUICE - 4 OZ. GF FRESH FRUIT - 4 OZ. GF	TASTY WAFFLES - 2 GRILLED SAUSAGE - 2 GF JUICE - 4 OZ. GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SAVORY POT ROAST W/ CARROTS & POTATOES - 6 OZ. GF WARM DINNER ROLL - 1 TRADITIONAL FLAKY APPLE PIE/SF - 1 SL.	TURKEY SALAD SAND. - 5 OZ. LETTUCE & TOMATO 2 OZ. GF GOLDEN FRENCH FRIES - 4 OZ. GF MIXED VEG - 4 OZ. GF CHOC. FROSTED PEANUT BUTTER BAR/SF - 1	CHEF SALAD - 6 OZ. TURKEY, TOMATO, HAM, SWISS CHEESE, BOILED EGG - GF WARM DINNER ROLL - 1 JUICY PEACH COBBLER/SF - 4 OZ.	TRADITIONAL LASANCA W/MEAT SAUCE - 6 OZ. ROLL - 1 GARLIC SAUTEED GREEN BEANS - 4 OZ. GF FRUITED JELLO - 4 OZ. GF	BBQ RIBS - 4 OZ. GF CHEESY MASHED POTATOES - 4 OZ. GF TOSSED GREEN SALAD - 4 OZ. GF SWEET CHERRY PIE - /SF - 1 SL.	HOMESTYLE CHICKEN POT PIE W/PEAS & CARROTS - 6 OZ. BUTTERY CORN - 4 OZ. GF FROSTY SHERBERT - 4 OZ. GF	JUICY BACON CHEESEBURGER - 4 OZ. GF ON BUN - 1 HOMEMADE MACARONI SALAD - 4 OZ. RIPE PINEAPPLE CHUNKS - 4 OZ. GF
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
HAM & CHEESE SANDWICH ON 12-GRAIN BREAD - 4 OZ. HEARTY VEG. BEEF SOUP - 4 OZ. DICED SWEET PEARS - 4 OZ. GF	GRILLED PHILLY STEAK W/ PEPPERS & ONIONS, MUSHROOMS - 4 OZ. GF ON A ROLL - 1 CRISPY TATER TOTS - 4 OZ. FRUIT COCKTAIL - 4 OZ. GF	CHEDDER DOG - 2 OZ. GF WITH ROLL - 1 SOUR CREAM POTATO SALAD - 4 OZ. GF ICED BANANA CUPCAKE - /SF - 1	CHICKEN SALAD WRAP W/LETTUCE & TOMATO - 5 OZ. CRISPY POTATO CHIPS - 2 OZ. GF HEALTHY BROCCOLI SALAD - 4 OZ. GF WARM CHOC. CHIP COOKIES/SF - 2	GRILLED CHEESE W/ TOMATO ON SOURDOUGH - 5 OZ. STEAMING CUP OF SOUP - CHEF CHOICE - 4 OZ. HEAVENLY CHOC. MOUSSE/SF - 4 OZ. GF	MEATY SLOPPY JOES - 4 OZ. GF BUN - 1 GOLDEN FRENCH FRIES - 4 OZ. GF HONEY-GLAZED CARROTS - 4 OZ. GF JUICY WATERMELON - 1 SL. GF	GOLDEN BAKED TILPIA - 3 OZ. HERBED MASHED POTATOES - 4 OZ. GF CREAMY COLESLAW - 4 OZ. GF RICH CARROT CAKE/SF - 1 SL.

DRINKS BELOW ARE OFFERED AT ALL MEALS: Milk, coffee, tea, ice water, and juice.

SUBSTITUTION LIST: PLEASE REQUEST ALTERNATIVES 2 HRS. PRIOR TO MEAL. Grilled cheese, sliced ham or turkey sandwich, chicken or turkey salad sand, egg salad sand., hotdog or hamburger.

Mashed potatoes, tossed salad, cottage cheese, fruit cup, and chicken tenders

TOSSED SALAD CONSISTS OF LETTUCE - 6 OZ., TOMATO, CUCUMBER, ONION, GREEN PEPPERS, MUSHROOMS AND CARROTS. Oatmeal, toast, cold cereal available daily.