

TERRACE AT NEWARK

WEEK 4

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CHEESY HAM SCRAMBLE - 4 OZ. GF BUTTERED TOAST - 2 SL. JUICY CUT MELON - 4 OZ. GF JUICE - 4 OZ. GF	FLUFFY PANCAKES - 2 SIZZLING BACON - 2 SL. GF JUICE - 4 OZ. GF FRESH FRUIT - 4 OZ. GF	ASSORTED DONUTS & DANISH - 1 HOT OATMEAL - 4 OZ. GF FRESH 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	GOLDEN FRENCH TOAST - 2 SL. CRISPY BACON - 2 SL. GF FRESH FRUIT - 4 OZ. GF JUICE - 4 OZ. GF	FRIED EGG FRIDAY - 2 GF HEARTY HASH BROWNS - 4 OZ. GF BUTTERED TOAST - 2 SL. JUICE - 4 OZ. GF	TASTY WAFFLES - 2 GRILLED SAUSAGE - 2 GF JUICE - 4 OZ. GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
CHICKEN STIR FRY W/ VEG. - 6 OZ. GF FLUFFY RICE - 4 OZ. GF DELICIOUS POUND CAKE W/LEMON TOPPING - 4 OZ.	COOK-OUT SIZZLING HOT DOGS AND JUICY HAMBURGERS - 1 GF HOMEMADE PASTA SALAD - 4 OZ. MIXED FRUIT - 4 OZ. GF ASSORTED PIES - 1 SL	HOMEMADE MEATLOAF - 3 OZ. CREAMY MASHED POTATOES - 4 OZ. GARLIC ROASTED BRUSSEL SPROUTS - 4 OZ. GF DINNER ROLL - 1 INDULGENT RASPBERRY CRUMB BARS/SF - 1	COLD PLATE HAM & CHEESE - 3 OZ. GF COTTAGE CHEESE - 2 OZ. GF FRESH CUT MELON - 4 OZ. GF WHEAT ROLL - 1 VANILLA ICE CREAM - 4 OZ. GF CHOC. TOPPING - 2 OZ. GF	SIZZLING HAM STEAK - 3 OZ. GF ROASTED VEG. - 4 OZ. GF SCALLOPED POTATOES - 4 OZ. WARM DINNER ROLL - 1 PINEAPPLE ORANGE FLUFF/SF - 4 OZ. GF	GRILLED ITALIAN SAUSAGE - 3 OZ. GF ON ROLL - 1 HOMEMADE POTATO SALAD - 4 OZ. CHILLED PEARS - 4 OZ. GF	ZITI W/MEATBALLS - 6 OZ. WARM GARLIC BREAD - 1 SL. HEALTHY CUCUMBER TOMATO SALAD - 4 OZ. GF CHEWY BROWNIE/SF - 1
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
HAM & CHEESE SANDWICH ON 12 GRAIN BREAD - 5 OZ. HEARTY VEG. BEEF SOUP - 4 OZ. GF CHILLED PEACHES - 4 OZ. GF	SAVORY ROAST BEEF PROVOLONE MELT - 4 OZ. GOLDEN FRENCH FRIES - 4 OZ. GF FRUITED JELLO/SF - 4 OZ.	CREAMY MAC & CHEESE - 6 OZ. BABY PEAS - 4 OZ. SMOOTH VANILLA PUDDING/SF - 4 OZ. GF	TUNA MELT ON RYE - 5 OZ. SOUTHWEST RICE SALAD - 4 OZ. GF PLUMP GRAPES - ½ C. GF	COOKOUT JUMBO HOTDOG - 2 OZ. GF ON TOASTED ROLL - 1 HOMEMADE MACARONI SALAD - 4 BAKED BEANS - 4 OZ. GF JUICY WATERMELON - 1 SL. GF	BBQ CHICKEN QUARTERS - 4 OZ. GF GOLDEN FRENCH FRIES - 4 OZ. GF SEASONED GREEN BEANS - 4 OZ. GF LUSH STRAWBERRY SHORTCAKE/SF - 4 OZ.	CRUSTLESS BROCCOLI & CHEDDER QUICHE - 4 OZ. GF FRESH CUT FRUIT - 4 OZ. GF COTTAGE CHEESE - 4 OZ. GF TANGY LEMON MOUSSE/SF - 4 OZ. GF

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

SUBSTITUTION LIST - PLEASE REQUEST ALTERNATIVES 2 HOURS PRIOR TO MEAL - Grilled cheese, sliced ham or turkey sandwich, chicken or turkey salad sandwich, egg salad sandwich, mashed potatoes, 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 is available daily.