

THE TERRACE AT NEWARK

WEEK 3

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CHEESY HAM SCRAMBLE - 4 OZ. GF TOAST - 2 SL. JUICY CUT MELON - 4 OZ. GF JUICE - 4 OZ. GF	FLUFFY BUTTERMILK PANCAKES - 2 CRISP BACON JUICE BANANA	HOT OR COLD CEREAL FLAKY BREAKFAST PASTRY BUTTERED TOAST	FLUFFY SCRAMBLED EGGS GRILLED SAUSAGE PATTY - SWEET ORANGE SLICES JUICE	TASTY FRENCH TOAST - CRISPY BACON JUICY PEACHES JUICE	FRIED EGG FRIDAY BUTTERED TOAST - 2 SL. JUICE - 4 OZ. GF	GOLDEN WAFFLES SIZZLING SAUSAGE LINKS FRESH FRUIT JUICE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
JUICY HAM STEAK LOADED BAKED POTATO STEAMED BROCCOLI ZESTY LEMON PIE	HOMEMADE MEAT LOAF BUTTERY CORN BUTTERY MASHED POTATOES CHILLED PINEAPPLE	ROASTED PORK LOIN SAVORY STUFFING FRESH SQUASH LUCIOUS PUMPKIN PIE	ITALIAN SAUSAGE W/PEPPERS AND ONIONS ON HARD ROLL HOMEMADE POTATO SALAD JELLO PARFAIT	ROASTED CHICKEN LEG BUTTERY MASHED SWEET POTATOES FRENCH CUT GREEN BEANS RICH CHOCOLATEMOUSSE	FILLET O FISH - TOASTED ROLL CREAMY COLESLAW CRISPY FRENCH FRIES JUMBO PEANUT BUTTER COOKIE	OPEN FACED HOT ROAST BEEF FRENCH FRIES RICH BEEF GRAVY DECADENT COCONUT PIE -
HOMEMADE TURKEY SALAD ON ROLL MIXED VEGETABLES WARM APPLESAUCE	HOMESTYLE CHICKEN NOODLE SOUP ½ SANDWICH CREAMY CHOCOLATE PUDDING -	CHRISTA'S FAMOUS PHILLY STEAK W/PEPPERS & ONIONS SUB ROLL SEASONED POTATOES SUGAR COOKIES	CREAMY EGG & OLIVE SANDWICH PICKLES POTATO CHIPS MIXED FRUIT MOIST BROWNIE	GOURMET BACON SWISS QUICHE STEAMED BROCCOLI HEAVENLY ANGEL FOOD CAKE	JUICY MEATBALL SUBMARINE FRESH ZUCCHINI SWEET CHERRY CRISP	SPICY CHILI CON CARNE SWEET CORN BREAD - BABY PEAS LUCIOUS STRAWBERRY SUNDAY

FALL/WINTER 2020/2021

DRINKS BELOW ARE OFFERED AT ALL MEALS

Milk, ice water, coffee, tea, and juice.

OATMEAL, TOAST, COLD CEREAL, AVAILABLE DAILY

SUBSTITUTION LIST: PLEASE REQUEST ALTERNATIVES 2 HOURS PRIOR TO MEAL - Grilled cheese, sliced ham or turkey sandwich, chicken or turkey salad sandwich, mashed potatoes, tossed salad, cottage cheese, fruit cup and chicken tenders.

TOSSED SALAD CONSISTS OF: lettuce, tomato, cucumber, onion, green peppers, mushrooms, and carrots.