

THE TERRACE AT NEWARK

WEEK 4

SUN	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
CHEESY HAM SCRAMBLE TOAST JUICY CUT MELON JUICE -	FLUFFY BUTTERMILK PANCAKES CRISP BACON JUICE FRESH BANANA	HOT OR COLD CEREAL FLAKY BREAKFAST PASTRY FRUIT COCKTAIL	FLUFFY SCRAMBLED EGGS SAUSAGE PATTY BUTTERED TOAST JUICY ORANGE SLICES JUICE	TASTY FRENCH TOAST CRISPY BACON JUICY PEACHES JUICE	FRIED EGG FRIDAY SIZZLING GRILLED HAM BUTTERED TOAST - 2 SL. PEARS JUICE	GOLDEN WAFFLES SIZZLING SAUSAGE LINKS FRESH FRUIT JUICE
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
SLOW ROASTED TURKEY SWEET POTATOES BUTTERY CORN WARM APPLE CRISP	STUFFED PEPPERS FRESH CARROTS WARM DINNER ROLL HOMEMADE SUGAR COOKIE	SALISBURY STEAK W/ GRAVY FRESH ASPARAGUS SCALLOPED POTATOES ROLL - 1 MIXED FRUIT CUP	MEATY SLOPPY JOE CRISP GREEN BEANS TATER TOTS HOMEMADE CHOCOLATE CHIP COOKIES	SAVORY CHICKEN POT PIE W/ PEAS & CARROTS CREAMED CORN - 4 OZ. HEAVENLY CREAM PUFF	HOMEMADE GOULASH - WARM ITALIAN BREAD - CHILLED PEACHES JUICY STRAWBERRY SHORTCAKE	LOADED BEEF STEW WARM DINNER ROLL - CHILLED SWEET PINEAPPLE HOMEMADE VANILLA CUPCAKE/SF - 1
3 - CHEESE GRILLED SANDWICH CREAMY TOMATO SOUP POTATO CHIPS BOSTON CREAM PIE/SF	HOMEMADE RAVOLI W/MEAT SAUCE STEAMED BROCCOLI TANGY LEMON MOUSSE	HONEY BAKED SLICED HAM ON SUB ROLL W/ LETTUCE, TOMATO & ONION HOMEMADE MACARONI SALAD PUMPKIN COOKIES W/CREAM CHEESE FROSTING	SHRIMP SCAMPI OVER SPAGHETTI - 4 OZ GLAZED CARROTS FROSTY ICE CREAM	AUTHENTIC BBQ BURGER ON GRILLED ROLL SAUTEED ONIONS VEGETABLE MEDLEY MOIST POUND CAKE	TUNA SALAD ON SOURDOUGH BREAD 3-BEAN SALAD SILKY CHOCOLATE PUDDING	CHRISTA'S FAMOUS PEPPERONI PIZZA CRISPY CHICKEN TENDERS MIXED FRUIT CUP

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.

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