

THE TERRACE AT NEWARK

WEEK 5

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CHEESY HAM SCRAMBLE BUTTERED TOAST JUICY CUT MELON JUICE	FLUFFY BUTTERMILK PANCAKES CRISP BACON JUICE FRESH BANANA - 1/2 GF	HOT OR COLD CEREAL FLAKY BREAKFAST PASTRY - 1 FRUIT COCKTAIL JUICE -	FLUFFY SCRAMBLED EGGS - SAUSAGE PATTY BUTTERED TOAST ORANGE SLICES JUICE	TASTY FRENCH TOAST CRISPY BACON JUICY PEACHES JUICE	FRIED EGG FRIDAY SIZZLING GRILLED HAM BUTTERED TOAST SWEET PEARS JUICE	GOLDEN WAFFLES SIZZLING SAUSAGE LINKS FRESH FRUIT JUICE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
BEEF BROCCOLI STIR FRY OVER WHITE RICE SWEET MANDARIN ORANGES FLAKY CHERRY PIE	DRESSED ROASTED CHICKEN BUTTERED NOODLES PEAS AND CARROTS FRUIT SALAD	HOMEMADE LASANGA W/MEAT SAUCE GARLIC BREAD TOSSED GREEN SALAD ZESTY LEMON MOUSSE	SAUSAGE & POTATO BAKE FRESH ASPARAGUS SWEET CHERRY CRISP	JUICY BAKED HAM SWEET YAMS BUTTERY CORN FRUIT FILLED LAYER CAKE	CREAMY MACARONI & CHEESE STEWED TOMATOES WARM DINNER ROLL HOME BAKED OATMEAL RAISIN COOKIES	SWEDISH MEATBALLS OVER NOODLES FRESH CARROTS DECADENT COCONUT CREAM PIE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
TENDER BBQ RIBS CONFETTI CORN WARM BUTTERMILK BISCUITS APPLE SAUCE	SHAVED HAM SANDWICH BROCCOLI CHEDDER SOUP MOIST CHOCOLATE CUPCAKE	HOMEMADE MINESTRONE SOUP WARM DINNER ROLL CHILLED PEARS CHEWY CHOCOLATE CHIP COOKIES	CHUNKY CHICKEN SALAD WRAP CRISPY POTATO CHIPS JUICY PEACHES	THREE-CHEESE GRILLED SANDWICH CREAMY TOMATO SOUP MOIST BROWNIE	GRILLED ITALIAN SAUSAGE ON ROLL CRISPY FRENCH FRIES SMOOTH BANANA PUDDING	CHICKEN PARMESAN - SANDWICH SIDE GREEN SALAD YUMMY CARROT CAKE

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.