

THE TERRACE AT NEWARK

WEEK 1

SPRING/SUMMER 2021

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CHEESY HAM SCRAMBLE TOAST - JUICY CUT MELON ASSORTED JUICES	FLUFFY BUTTERMILK PANCAKES CRISP BACON ASSORTED JUICES FRESH FRUIT	ASSORTED DONUTS & DANISH HOT OATMEAL SWEET BERRIES OR BANANA ASSORTED JUICES	FLUFFY SCRAMBLED EGGS SAUSAGE PATTY BUTTERED TOAST ORANGE SLICES ASSORTED JUICES	TASTY FRENCH TOAST CRISPY BACON FRESH CUT MELON ASSORTED JUICES	FRIED EGG FRIDAY GOLDEN HASH BROWNS BUTTERED TOAST ASSORTED JUICES	GOLDEN WAFFLES - 2 SIZZLING SAUSAGE LINKS - 2 GF FRESH FRUIT - 4 OZ. GF JUICE - 4 OZ GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
FLAVORFUL CHICKEN CACCIATORE OVER FLUFFY EGG NOODLES JUICY PEACHES DELECTABLE BOSTON CREAM PIE - 1 SL	COOKOUT BBQ HOTDOG ON GRILLED BUN HOMESTYLE FRIED POTATOES CLASSIC DEVEILED EGGS JUICY WATERMELON	EGG & OLIVE ON WHOLE WHEAT BREAD CREAMY BROCCOLI - CHEDDAR SOUP HEAVENLY LEMON CUPCAKE	HEARTY CHICKEN & BISCUITS W/CARROTS & POTATOES CHILLED FRUIT COCKTAIL JUMBO PEANUT BUTTER COOKIE	OPEN FACED ROASTED HOT TURKEY SANDWICH w/ GRAVY - CRISP SPINICH SALAD WHIPPED CREAM TOPPED CHOCOLATE PUDDING	SLOW-COOKED MEATLOAF BUTTERY MASHED POTATOES FLAVORFUL CARROTS RICH BLUEBERRY COBBLER W/WHIPPED TOPPING	HOMEMADE GOULASH BROCCOLI - SOFT ITALIAN BREAD MOIST BROWNIE
DELECTABLE BOSTON CREAM PIE – ½ SL	JUICY WATERMELON - 1 SL.	HEAVENLY LEMON CUPCAKE -1	JUMBO PEANUT BUTTER COOKIE - 1	WHIPPED CR TOPPED CHOC PUDDNG-4 OZ GF	BLUEBERRY COBBLER W/WHIPPED TOP – 4 OZ	MOIST BROWNIE/SF – 1
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
HAND CUT ROAST BEEF SUB/WITH ONION, LETT & TOMATO TOMATO/CUCUMBER SALAD - POTATO CHIPS LAYERED VANILLA/BERRY PUDDING PARFAIT	3-CHEESE GRILLED CHEESE ON SOUR DOUGH BREAD SIMMERED TOMATO SOUP SWEET PEARS	KIELBASA & CABBAGE CREAM CORN WARM DINNER ROLL LUSCIOUS BANANA CREAM PIE	SAVORY TUNA NOODLE CASSEROLE PLUMP PEAS DINNER ROLL FLUFFY LEMON MERINGUE PIE	BBQ RIBS GREEN & YELLOW ZUCCHINI SOUTHERN STYLE BAKED BEANS FRESH BAKED BISCUIT TASTY STRAWBERRY SUNDAE	BAKED CHICKEN PARM. SANDWICH ZESTY 3-BEAN SALAD JUICY SWEET MELON	HEALTHY CHEF SALAD W/TURKEY, HAM, SWISS CHEESE, BOILED EGG WARM BREADSTICK CHILLED AMBROSIA SALAD
LAYERED VANILLA/BERRY PUDDNG PARFAIT-4OZ GF	SWEET PEARS - 4 OZ. GF	LUSCIOUS BANANA CREAM PIE – ½ SL	FLUFFY LEMON MERINGUE PIE – ½ SL	TASTY STRAWBERRY SUNDAE – 4 OZ GF	JUICY MELON – 4 OZ GF	CHILLED AMBROSIA SALAD - 4 OZ. GF

Consistent Carbohydrate Diet dessert portions are listed in the shaded section below Regular/NAS desserts

DRINKS BELOW ARE OFFERED AT ALL MEALS

OATMEAL, TOAST, COLD CEREAL, AVAILABLE DAILY

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, mashed potatoes, tossed salad, cottage cheese, fruit cup and chicken tenders.

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