

THE TERRACE AT NEWARK

WEEK 2

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 FRUIT 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
HEARTY BEEF STROGANOFF OVER FLUFFY EGG NOODLES BUTTERED CORN SWEET CHERRY PIE	TURKEY REUBEN SWEET POT. FRENCH FRIES DILLY CUCUMBER SALAD FRESH FRUIT CUP	SPAGHETTI & MEATBALLS GARLIC KNOT ROLL MARINATED ARTICHOKE SALAD DECADENT CHOC. CREAM PIE	COOKOUT JUICY HAMBURGER W/ LETTUCE, TOMATO, ONION GRILLED BUN PICKLES HOMEMADE MACARONI SALAD FRESH WATERMELON	SALISBURY STEAK W/FLAVORFUL MUSHROOM GRAVY SCALLOPED POTATOES FRESH ZUCCHINI WHEAT ROLL POUND CAKE	CHUNKY SEAFOOD SALAD BUTTERY CROISSANT CRISP POT. CHIPS JUICY PEACHES	GLAZED HAM STEAK BAKED SWEET POTATO MIXED VEG. MEDLEY HEAVENLY CREAM PUFF
SWEET CHERRY PIE – ½ SL.	FRESH FRUIT CUP - 4 OZ. GF	DECADENT CHOC. CREAM PIE – ½ SL	FRESH WATERMELON - 1 SL GF	POUND CAKE – ½ SL.	JUICY PEACHES - 4 OZ. GF	HEAVENLY CREAM PUFF - 1
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
HEARTY MINESTRONE SOUP TOSSED SALAD HARD BOILED EGGS WHEAT ROLL GOLDEN ANGEL FOOD CAKE W/RASPBERRY DRIZZLE	BEER BATTERED HADDOCK SEASONED TATER TOTS CREAMY COLESLAW RICH BUTTERSCOTCH PUDDING	GOLDEN GRILLED CHEESE SANDWICH ZESTY CREAM OF TOMATO SOUP FRUIT COCKTAIL	ROASTED CHICKEN LEG FLUFFY RICE PILAF FRESH ASPARAGUS INDULGENT STRAWBERRY PIE	COLD PLATE SLICED TURKEY FRESH FRUIT SLICED PROVOLONE CHEESE LETTUCE/TOMATO GF WARM DINNER ROLL JELLO POKE CAKE	BEEF & BROCCOLI STIR FRY OVER FLUFFY RICE - SWEET APPLESAUCE SMOOTH BANANA PUDDING PARFAIT	WEGMENS OR B.B.'S PIZZA TASTY CHICKEN WINGS TOSSED GREEN SALAD ICE CREAM SANDWICH
ANGEL FOOD CAKE W/RASP DRIZZLE - 1 SL	RICH BUTTERSCOTCH PUDDING – 4 OZ GF	FRUIT COCKTAIL - 4 OZ. GF	INDULGENT STRAWBERRY PIE – ½ SL	JELLO POKE CAKE – ½ SL	BANANA PUDDING PARFAIT - 4 OZ GF	ICE CREAM SANDWICH 1

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

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.