

THE TERRACE AT NEWARK

WEEK 3

SPRING/SUMMER 2021

SUNDAY	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 ASSORTED JUICES	FLUFFY BUTTERMILK PANCAKES CRISP BACON FRESH FRUIT ASSORTED JUICES	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 SIZZLING SAUSAGE LINKS FRESH FRUIT ASSORTED JUICES
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
SAVORY POT ROAST W/CARROTS & POTATOES WARM DINNER ROLL  TRADITIONAL FLAKY APPLE PIE	TURKEY SALAD SANDWICH W/ LETTUCE/TOMATO GOLDEN FRENCHFRIES CHILLED BEETS  CHOC. FROSTED PEA- NUT BUTTER BAR	CHEF SALAD TURKEY, TOMATO, HAM, SWISS CHEESE, BOILED EGG WARM DINNER ROLL -  HEAVENLY CHOC. MOUSSE	TRADITIONAL LASAGNA W/MEAT SAUCE WARM DINNER ROLL GARLIC SAUTEED GREEN BEANS  FRUITED JELLO	BBQ RIBS CHEESY MASHED POTATOES TOSSED GREEN SALAD  SWEET CHERRY PIE	PLUMP SCALLOPS OVER SPAGHETTI WARM ROLL VEG. MEDLEY  RAINBOW SHERBET	JUICY BACON CHEESEBURGER ON BUN HOMEMADE MACARONI SALAD  RIPE JUICY PINEAPPLE CHUNKS -
TRADITIONAL FLAKY APPLE PIE – ½ SL.	CHOC. FROSTED PEA- NUT BUTTER BAR – ½	HEAVENLY CHOC. MOUSSE - 4 OZ. GF	FRUITED JELLO - 4 OZ.	SWEET CHERRY PIE – ½ SL	RAINBOW SHERBET - 4 OZ. GF	RIPE PINEAPPLE CHUNKS - 4 OZ. GF
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
HAM & CHEESE SANDWICH ON 12- GRAIN BREAD HEARTY VEG. BEEF SOUP  DICED SWEET PEARS	GRILLED PHILLY STEAK W/PEPPERS & ONIONS, MUSHROOMS ON A HARD ROLL CRISPY TATER TOTS  CHILLED FRUIT COCKTAIL	CHEDDAR DOG ON ROLL SOUR CREAM POTATO SALAD  JUICY PEACHES	CHICKEN SALAD WRAP W/LETTUCE & TOMATO CRISPY POTATO CHIPS HEALTHY BROCCOLI SALAD  WARM CHOC. CHIP COOKIES	GRILLED CHEESE W/TOMATO ON SOUR DOUGH STEAMING CUP OF SOUP - CHEF CHOICE  TROPICAL FRUIT	MEATY SLOPPY JOES ON BUN GOLDEN FRENCH FRIES HONEY GLAZED CARROTS  JUICY WATERMELON	GOLDEN BAKED TILIPIA HERBED MASHED POTATOES CREAMY COLESLAW WHEAT ROLL - 1 RICH CARROT CAKE
DICED SWEET PEARS -4 OZ. GF	FRUIT COCKTAIL - 4 OZ. GF	JUICY PEACHES – 4 OZ. GF	WARM CHOC. CHIP COOKIE - 1	TROPICAL FRUIT – 4 OZ GF	JUICY WATERMELON - 4 OZ. GF	RICH CARROT CAKE – ½ SL.

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.