

THE TERRACE AT NEWARK

WEEK 4

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 SIZZLING SAUSAGE LINKS FRESH FRUIT ASSORTED JUICES
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
CHICKEN STIR FRY W/VEGETABLES FLUFFY RICE DELICIOUS POUND CAKE W/LEMON TOPPING	COOK OUT SIZZLING HOT DOG OR JUICY HAMBURGER ROLL HOMEMADE PASTA SALAD MIXED FRUIT ASSORTED PIES	PULLED PORK ON ROLL ROASTED BRUSSEL SPROUTS STRAWBERRY CRUMB BARS	COLD PLATE HAM & CHEESE CREAMY COTTAGE CHEESE 3-BEAN SALAD WHEAT ROLL VANILLA ICE CREAM w/ CHOC TOPPING	SIZZLING HAM STEAK - ROASTED VEG. SCALLOPED POTATOES WARM DINNER ROLL PINEAPPLE ORANGE FLUFF	GRILLED ITALIAN SAUSAGE ROLL SWEET KERNEL CORN CHILLED FRUIT	ZITI W/MEATBALLS WARM GARLIC BREAD HEALTHY CUCUMBER TOMATO SALAD CHEWY BROWNIE
POUND CAKE W/LEMON TOPPING - ½ SL.	ASSORTED PIES – ½ SL.	STRAWBERRY CRUMB BARS - 1	VANILLA ICE CREAM w/ CHOC TOPPING - 4 OZ GF	PINEAPPLE ORANGE FLUFF - 4 OZ.	CHILLED FRUIT - 4 OZ. GF	CHEWY BROWNIE - 1
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
HAM & CHEESE SANDWICH ON 12- GRAIN BREAD HEARTY VEG. BEEF SOUP CHILLED PEACHES	CREAMY MAC AND CHEESE BABY PEAS SMOOTH VANILLA PUDDING	SAVORY POT ROAST PROVOLONE MELT GOLDEN FRENCH FRIES FRUITED JELLO	TUNA OR HAM MELT ON RYE SOUTHWEST RICE SALAD PLUMP GRAPES	COOKOUT JUMBO ZWEIGLES HOT DOG ON GRILLED ROLL HOMEMADE MAC. SALAD BAKED BEANS JUICY WATERMELON	BBQ CHICKEN QUARTER BUTTERED NOODLES SEASONED GREEN BEANS LUSCIOUS STRAWBERRY SHORTCAKE	EGG & OLIVE SALAD ON WHEAT BREAD CREAM OF VEGETABLE SOUP MANDARIN ORANGE JELLO SALAD
CHILLED PEACHES - 4 OZ. GF	SMOOTH VANILLA PUDDING - 4 OZ. GF	FRUITED JELLO - 4 OZ. GF	PLUMP GRAPES – 4 OZ. GF	JUICY WATERMELON - 1 SL. GF	LUSCIOUS STRAWBERRY SHORTCAKE - 4 OZ.	MANDARIN ORANGE JELLO 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.