

THE TERRACE AT NEWARK

WEEK 5

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 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 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
ROAST TURKEY CORN BREAD STUFFING RICH TURKEY GRAVY BUTTERNUT SQUASH WHEAT ROLL JUICY APPLE PIE	LOADED STUFFED GREEN PEPPER VEG. MEDLEY WARM DINNER ROLL OLD FASHIONED RICE PUDDING	BAKED HAM SL. CREAMY SCALLOPED POTATOES GLAZED CARROTS WARM ROLL WARM APPLESAUCE	BBQ CHEDDAR BURGER ON GRILLED ROLL SAUTEED ONIONS HEALTHY TOMATO/CUCUMBER SALAD CHEWY BROWNIE	FLAKY FISH SANDWICH WILD RICE CREAMY COLESLAW PINEAPPLE LUSH	CHICKEN CEASAR SALAD WARM BREADSTICK TANGY LEMON COOKIE	SALISBURY STEAK W/ MUSHROOM GRAVY - BUTTERED MASHED POTATOES FRESH ZUCCHINI WHEAT ROLL ICE CREAM SANDWICH
JUICY APPLE PIE – ½ SL	OLD FASHIONED RICE PUDDING - 4 OZ. GF	WARM APPLESAUCE - 4 OZ. GF	CHEWY BROWNIE - 1	PINEAPPLE LUSH/SF - 4 OZ. GF	LEMON COOKIE CUP - 1	ICE CRM SANDWICH - 1
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
FRSH SEAFOOD SALAD - BUTTERY CROISSANT CHIPS PLUMP GRAPES	MARINATED GRILLED CHICKEN BREAST PASTA SALAD BUTTERED SWEET CORN TASTY OATMEAL COOKIE	CRUMB TOPPED BROILED HADDOCK PASTA WITH SAUCE CRISP GREEN BEANS- HEAVENLY CREAM PUFF	EGG SALAD W/LETTUCE & TOMATO ON WHOLE WHEAT BREAD ARTICHOKE TOMATO SALAD SMOOTH BANANA PUDDING	HOMEMADE GROUND TURKEY SLOPPY JOES ON WARM ROLL GERMAN POTATO SALAD FRESH FRUIT CUP	OPEN FACED ROAST BEEF SANDWICH CRISPY FRENCH FRIES STEWED TOMATOES JUICY PEARS	PEPPERONI, MUSHROOM PIZZA TOSSED GREEN SALAD CHEWY CHOC. CHIP COOKIE
PLUMP GRAPES - 4 OZ. GF	TASTY OATMEAL COOKIE - 1	HEAVENLY CREAM PUFF - 1	SMOOTH BANANA PUDDING - 4 OZ. GF	FRESH FRUIT CUP - 4 OZ. GF	JUICY PEARS – 4 OZ. GF	CHEWY CHOC. CHIP COOKIE - 1

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.