

ARCOBALENO DAILY LUNCH BUFFET MENU January 23 -January 27, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup:	Mushroom Soup	Carrot and Orange Soup	Minestrone Soup	Potato and Leek Soup	Barley Soup
Chicken and Meat Dish:	Chicken Nuggets	Grilled Chicken	Beef Curry	Sautéed Chicken with Mushrooms and Cream Sauce	Lamb Stew
Meat and Fish Dish:	Beef Goulash	Beef Stew	Fish Cutlet	Pepper Steak With Pepper Sauce	Fish and Chips
Pasta:	Spaghetti with Meat Sauce or Tomato Sauce	Pasta al Forno	Fusilli with Tomato & Tuna Sauce	Tex Mex Pasta	Penne with Napolitana
Vegetarian Dish:	Vegetable Moussaka	Vegetarian Chili	Vegetable Curry	Eggplant Parmigiana	Vegetable Curry
Starch: Couscous, Rice, Potato, etc.	Rice	Mashed Potato	Rice with Carrot	Croquette	Rice with Vegetable
Vegetable:	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Mixed Vegetables
Dessert:	Watermelon	Orange Cake	Banana Fruit	Chocolate Cake	Fruit Salad

Available Daily: Water, Juice, Dinner Rolls, Salad. Items printed in Bold are fasting foods.