

ARCOBALENO DAILY LUNCH BUFFET MENU January 30 -February 3, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup:	Mushroom Soup	Tomato and Celery Soup	Lentil Soup	Potato and Leek Soup	Vegetables Soup
Chicken and Meat Dish:	Chicken Cutlets	Lamb Stew	Sautéed Strip Steak with Brown Sauce	Chicken Stew	Baked Chicken with Rosemary & Garlic
Meat and Fish Dish:	Swiss Steak	Sautéed Beef	Sweet and Sour Fish	Meat Loaf	Fish and Chips
Pasta:	Spaghetti with Meat Sauce or Tomato Sauce	Stir Fried Chicken with Noodles	Fusilli with Tomato & Tuna Sauce	Spaghetti with Mini-Meatballs	Penne with Pesto
Vegetarian Dish:	Potatoes Au Gratin	Eggplant Parmigiana	Vegetable Pie	Vegetable Moussaka	Chickpea Curry
Starch:Couscous, Rice, Potato, etc.	Rice	Mashed Potato	Fried Potato	Rice with Sweet Corn	Rice with Vegetable
Vegetable:	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Mixed Vegetables
Dessert:	Watermelon	Banana Cake	Papaya	Orange Cake	Fruit Salad

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