

## ARCOBALENO DAILY LUNCH BUFFET MENU February 6 - February 10, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup:</b>	Mushroom Soup	Carrot and Orange Soup	<b>Minestrone Soup</b>	Tomato and Celery Soup	<b>Bean Soup</b>
<b>Chicken and Meat Dish:</b>	Chicken Nuggets	Roasted Chicken	Beef Stew	Chicken Tikka	Lamb Stew
<b>Meat and Fish Dish:</b>	Beef Goulash	Beef Stroganoff	<b>Oven Baked Fish</b>	Pepper Steak with Pepper Sauce	<b>Fish and Chips</b>
<b>Pasta:</b>	Spaghetti with Meat Sauce or Tomato Sauce	Spinach and Ricotta Cannelloni	<b>Fusilli with Tomato Pesto</b>	Spaghetti with Mini-Meatballs	<b>Penne with Arabiata</b>
<b>Vegetarian Dish:</b>	Vegetable Moussaka	Vegetable Curry	<b>Vegetable Pie</b>	Eggplant Parmesan	<b>Chickpea Curry</b>
<b>Starch: Couscous, Rice, Potato, etc.</b>	<b>Rice</b>	Mashed Potato	<b>Rice with Vegetable</b>	Roasted Potato	<b>Rice</b>
<b>Vegetable:</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Mixed Vegetables</b>
<b>Dessert:</b>	Watermelon	<b>Orange Cake</b>	<b>Banana</b>	<b>Carrot Cake</b>	<b>Fruit Salad</b>

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