



# Arnold Café

## November 2-6

## Week I

Monday

Tuesday

Wednesday

Thursday

Friday

**Breakfast Served Daily:** Vegetarian Choices available Are - Assorted Bagels, Breakfast Pastries, Waffles, Fresh Fruit, Yogurt, Cereals.  
Optional Meat or Meatless Breakfast Sandwich is available MTO

7AM - 10:00AM

LUNCH 11 am - 3:30 pm

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Pasta Bar & Salad Bar

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Wings

Chicken Marsala

Country Fried Steaks

BBQ Ribs

Scramble Eggs

Bruschetta

Cheese Ravioli

Whipped Potatoes/  
Country Gravy

Baked Potato Bar -  
Grilled Vegetables

Assorted Breakfast Meat

Grilled Vegetables

Roasted Potatoes

Corn

Biscuits 'n' Gravy

**DEMO** Dessert Pita's

Steak Salad

Fruit Smoothies

Fried Chicken Fritter Salad

Stuffed French Toast

'U' Four Bean Enchiladas

'Pita Pizza'

'U' Salmon Salad

'U' Creamy Tomato-Pepper Pasta

'U' Southwestern Black Bean Salad

'U' Fresh Steamed Vegetables

'U' Multi-Grain Bread

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'U' Steamed Vegetables

'U' Tossed Salad

'U' Orzo w/Spinach & Red Pepper

Available during Lunch at "The Diner" are MTO Sandwiches and Wraps along with a posted Hot Sandwich everyday

Arnie's Chicken Stuffed Pita  
Fries/Chili and Cheese

Hot Sausage Hoagie

Chicken Fritter Wrap

Philly Steak Sandwiches

Pepperoni Hoagies W Fillings

DINNER 3:30 pm - 7 pm

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Pasta Bar & Salad Bar

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Carved Pork/Gravy

Sweet & Sour Chicken

Stuffed Pork chops

A1 Steak

Jambalaya/Rice

Whipped Potatoes

Fried Rice

Pasta Veggie and Basil

Roasted Dill Potatoes

Grilled Tilapia

Corn

Vegetable Lo Mein

Baked Apples

Grilled Vegetable

Salmon Cakes

Green Beans w/Peppers

General Tso Chicken

Green Beans

Dirty Rice

Roasted Asparagus

'U' Spicy Raspberry Chicken

'U' Mediterranean Baked Fish

'U' Italian Chicken

'U' Greek Pork Cutlets

'U' Fresh Steamed Vegetable

'U' Heavenly Rice & Spinach

'U' Steamed Vegetables

'U' Garden Salad w/ Dressing

'U' Steamed Rice

'U' Steamed Vegetables

'U' Steamed Vegetables

'U' Rice, Black Eyed Peas & Corn

'U' Whole Wheat Bread

The Diner 5:00 pm - 8 pm

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**DEMO** Quesadillas

Milk Shake Bar

Rice Toss/w Shrimp

Club Sandwich

Midnight Cuban Sandwich

MTO

Pretzel Burger

Mini Corn Dogs & Fries

MTO Patty's Diner Deluxe  
Steak, Chicken or Vegetable

Spicy Chicken Sandwich/Fries

MTO Pizzas Made to order

**HOT BAR**



Vegetarian Item