



# Arnold Café

November 9-13

Week 2

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 MFO

7AM -10:00AM

LUNCH 11 am. - 3:30 pm

Pasta Bar & Salad Bar

Focaccia Chicken

Mediterranean Grilled Vegetables

Brown Rice

LUNCH 11 am. - 3:30 pm

Pasta Bar & Salad Bar

Hot Meatloaf Sandwich

Mashed Potato Bar

Green Beans

LUNCH 11 am. - 3:30 pm

Pasta Bar & Salad Bar

Beef Burritos/Chicken Burritos

Bean Burritos

Mexican Rice / Corn

LUNCH 11 am. - 3:30 pm

Pasta Bar & Salad Bar

All Cajun Steak

Cheesy Potatoes

Bruschetta

Oven Grilled Key West Vegetables

LUNCH 11 am. - 3:30 pm

Pasta Bar & Salad Bar

Fish Sandwich

Broccoli

Mac'n'Cheese

**DEMO** Buffalo Chicken Slider

Spicy Chicken Salad

Nacho Bar

Steak Salad Sub

Blue Cheese Burgers

"U" Hot & Sour Thai Beef Salad  
"U" Spring Roll

"U" Veggie Peppers  
Garden Salad

Baked Spanish Rice  
Garden Salad

"U" Roasted Tomato Soup  
"U" Corn Black Bean &  
Red Pepper Salad

"U" Unfried French Fries  
"U" Garden Salad

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

Beef, Bacon & Blues Wrap

Sloppy Joes

BBQ Ham

Chicken Strips/Fries

Meatball Sub

DINNER 3:30 pm - 7 pm

Pasta Bar & Salad Bar

Ham

Tomato Broccoli Bake

Grilled Vegetables

Green Beans w/Peppers

DINNER 3:30 pm - 7 pm

Pasta Bar & Salad Bar

Chicken Sticks

Vegetable Pizza

Mac 'n' Cheese

Glazed Baby Carrots

DINNER 3:30 pm - 7 pm

Pasta Bar & Salad Bar

Sea Dogs (Fish)

Scalloped Potatoes

Brussels Sprouts w/Garlic Butter

DINNER 3:30 pm - 7 pm

Pasta Bar & Salad Bar

Creamed Chicken/Biscuits

Whipped Potatoes

Green Beans Almondine

Flame Roasted Fuji Apples

DINNER 3:30 pm - 8 pm

Pasta Bar & Salad Bar

Crab Cakes

Breaded Shrimp

Red Potatoes

Roasted Corn

"U" Chicken Breast Adobo Style

"U" Heavenly Rice & Spinach

"U" Steamed Vegetable

"U" Braised Fish, w/ Marsala, etc

"U" Brown Rice

"U" Steamed Vegetable

Buffalo Chicken

"U" Steamed Vegetables

"U" Indian Potatoes, Cauliflower & Peas

"U" Creamy Chicken Dijon

"U" Noodles

"U" Steamed Vegetable

Stir Fried Vegetables

Brown Rice

The Diner 5:00 pm - 8 pm

**DEMO** Turkey Burgers

The Diner 5:00 pm - 8 pm

Choc. Chip Brownie Sundae

The Diner 5:00 pm - 8 pm

Pasta Toss/w Shrimp

The Diner 5:00 pm - 8 pm

Cheese Tortellini /w Pesto

The Diner 5:00 pm - 8 pm

Cheese Tortellini /w Pesto

MFO

Grilled Crabby Sandwich

Wings & Fries

Chicken Wrap

MFO Pizzas Made to order

MFO Patty's Diner Deluxe  
Steak, Chicken or Vegetable

HOT BAR



Vegetarian Item