



# COUGAR CAFE

Week 7

Service Line	Monday 3-Feb	Tuesday 4-Feb	Wednesday 5-Feb	Thursday 6-Feb	Friday 7-Feb
	Build Your own Beef Taco's, Salsa, Cheese, Lettuce, Tomato, Corn & Black Beans in a Taco Shell or over Rice	Macaroni & Cheese or Buffalo Mac & Cheese	Chicken Chow Mein & Chop Suey Veggies	BBQ Chicken Bacon Ranch Flat Bread	Assorted Pizza
Alternative Option		  Cheeseburger & Fries	 Ham & Cheese Croissant with Chips	  Chicken Patty & Fries	  Tuna Melt
<i>Gluten Free ** Special order Please ask for details</i>	Taco Salad	Cheeseburger & Fries	Ham & Cheese Sandwich & Chips	Pulled Pork Sandwich	Assorted Pizza
<i>Vegetarian</i>					
<i>Milk Free</i>	Taco's, Salsa, Lettuce, Tomato, Corn & Black Beans in a Taco Shell or over Rice	Hamburger & Fries	Chicken Chow Mein & Chop Suey Veggies	Pulled Pork Sandwich	Crispy Chicken Wrap or Salad
<i>Milk &amp; Egg Free</i>	Taco's, Salsa, Lettuce, Tomato, Corn & Black Beans in a Taco Shell or over Rice	Hamburger & Fries	Chicken Teriyaki Wrap w/Chop Suey Veggies	Pulled Pork Sandwich	Crispy Chicken Wrap or Salad
Soup	Cream of Broccoli Soup				
Vegetable of the day	Black Beans	Green Beans	Sautéed Chop Stuey Veggies	Southwestern Corn	Caesar Salad
	Crispy Chicken	Turkey Club or Hamburger Wrap or BigMac Wrap <i>*Fries offered with all sandwiches*</i>	Pilgrim Wrap or Bufalo Chicken Dip & Nachos	Burrito or Nachos <i>*Fries offered with all sandwiches*</i>	Crispy Chicken