






COUGAR CAFE

Week at a glance

Service Line	Monday 5-Oct	Tuesday 6-Oct	Wednesday 7-Oct	Thursday 8-Oct	Friday 9-Oct
 THE STOVETOP HOT LUNCHES	Taco's, Salsa, Cheese, Lettuce, Tomato, Corn & Black Beans in a Taco Shell or over Rice	Chicken Nuggets & Fries Bread	Chicken Parmesan & Spaghetti	Hot Dog & Fries	Assorted Pizza
 THE STOVETOP HOT LUNCHES		Cheeseburger & Fries	Ham & Cheese Croissant & Chips	Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>	Taco Salad	Chicken Nuggets & Fries Bread	Chicken Parmesan Sandwich & Chips	Hot Dog & Fries	Assorted Pizza or Tuna Melt
Soup	Chicken Parmesan Soup				
Vegetable of the day	Corn or Black Beans	Steamed Carrots	Green Beans	Baked Beans	Caesar Salad
 THE DELI BAR WRAPS AND SALADS	Crispy Chicken	Cheeseburger Wrap, Big Mac Wrap Or Chicken Patty	Corn Dog	Beef Taco Burrito or Nachos	Crispy Chicken

Lunch Includes: * Menu Meal, Salad, Sandwich, Smoothie or Parfait
 *Milk *Fruit *Vegetable *Grain(may be part of meal) *Water

Offered Daily: Made to order Sandwich or Salad



Daily Protein Options: Turkey, Ham, Tuna, Hard Boiled Egg, Egg Salad, Diced Chicken & Cheese
 Vegetables: Lettuce, Spinach, Cucumbers, Tomatoes, Shredded Carrots, Onion
 Grain: Wrap, Bulky Roll, Sandwich Bread & Croutons
 Other: Black Olives, Banana Peppers, Roasted Red Peppers, Jalapenos & Assorted Dressings

 THE STOVETOP HOT LUNCHES	<h3>Available in both Grab & Go Refrigerators</h3>				 THE DELI BAR WRAPS AND SALADS
Turkey, Cheese & Lettuce Wrap	Chicken Caesar Wrap	Ham, Cheese & Lettuce Wrap	Tuna & Lettuce Wrap		
Salads: Chicken Caesar Salad & Antipasto Salad					
Fruit Smoothies & Parfaits					