






COUGAR CAFE

Week at a glance

Service Line	Monday 2-Nov	Tuesday 3-Nov	Wednesday 4-Nov	Thursday 5-Nov	Friday 6-Nov
	Teriyaki Beef Stir Fry Bowl	Chicken Nuggets, Fries & Bread	American Chop Suey, Green Beans & Garlic Bread	Turkey Club & Fries	Assorted Pizza
		Cheeseburger & Fries	Ham & Cheese Croissant & Chips	Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>	Teriyaki Beef Stir Fry Bowl	Chicken Nuggets, Fries & Bread	Pasta & Meatsauce	Turkey Club & Fries	Assorted Pizza
Soup	Chicken & Rice Soup				
Vegetable of the day	Steamed Broccoli	Steamed Carrots	Green Beans	Corn	Caesar Salad
	Crispy Chicken	Burrito or Nachos	Corn Dog	Pilgrim Wrap	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

	Available in both Grab & Go Refrigerators			
Turkey, Cheese & Lettuce Wrap	Chicken Caesar Wrap	Ham, Cheese & Lettuce Wrap	Tuna & Lettuce Wrap	
Salads: Chicken Caesar Salad & Antipasto Salad				
Fruit Smoothies & Parfaits				