





COUGAR CAFE

Week at a glance

Service Line	Monday 30-Nov	Tuesday 1-Dec	Wednesday 2-Dec	Thursday 3-Dec	Friday 4-Dec
	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
		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 & Penne	Hot Dog & Fries	Assorted Pizza
Soup	Chicken Parmesan Soup				
Vegetable of the day	Corn or Black Beans	Steamed Carrots	Green Beans	Baked Beans	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					