





COUGAR CAFE

Week at a glance

Service Line	Monday 25-Sep	Tuesday 26-Sep	Wednesday 27-Sep	Thursday 28-Sep	Friday 29-Sep
	Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Biscuit	Mozzarella Sticks, Fries, Marinara Sauce & Bread	Chicken Broccoli Alfredo & Garlic Bread	Steak & Cheese Sub, Peppers & Onions & Fries	Assorted Pizza
		Cheeseburger & Fries	Ham & Cheese Croissant & Chips	Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>	Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Roll	Cheeseburger & Fries	Chicken Broccoli Alfredo & Garlic Bread	Steak & Cheese Sub, Peppers & Onions & Fries	Assorted Pizza
Soup	Minestrone Soup				
Vegetable of the day	Corn	Baked Beans	Broccoli	Carrot Sticks	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					