






COUGAR CAFE

Week at a glance

Service Line	Monday 4-Jan	Tuesday 5-Jan	Wednesday 6-Jan	Thursday 7-Jan	Friday 8-Jan
	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 Taco 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					