



# COUGAR CAFE

## Week at a glance

Service Line	Monday 1-Feb	Tuesday 2-Feb	Wednesday 3-Feb	Thursday 4-Feb	Friday 5-Feb
 THE STOVETOP HOT LUNCHES	Crispy Chicken Bowl	Pizza Quesadilla	Chicken Chow Mein & Stir Fry Veggies	Chicken Patty & Fries	Assorted Pizza
 THE STOVETOP HOT LUNCHES		Build Your Own Burger & Fries	Ham & Cheese Croissant & Chips	Spicy Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>	Teriyaki Chicken Bowl	Home-made Chicken & Cheese Quesadilla with Fries	Pasta & Meatsauce	Chicken Tenders & Fries	Assorted Pizza
Soup	Chicken Noodle Soup				
Vegetable of the day	Corn	Steamed Carrots	Green Beans	Baked Beans	Caesar Salad
 THE DELI BAR WRAPS AND SALADS	Crispy Chicken	Burrito or Nachos	Corn Dog	Hamburger Wrap or BigMac 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