



COUGAR CAFE

Week at a glance

Service Line	Monday 30-Aug	Tuesday 31-Aug	Wednesday 1-Sep	Thursday 2-Sep	Friday 3-Sep
		Cheese Pizza Quesadilla & Fries	Cherry Blossom Chicken Bowl & Dinner Roll	Lingua Sandwich & Fries	Assorted Pizza
Alternative Option		  Cheeseburger & Fries	 Ham & Cheese Croissant with Chips	  Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>		Home-made Chicken & Cheese Quesadilla with Fries	Teriyaki Chicken Bowl	Chicken Tenders & Fries	Assorted Pizza
Soup		Chicken Noodle Soup			
Vegetable of the day		Steamed Carrots	Steamed Broccoli	Baked Beans	Caesar Salad
		Burrito or Nachos <i>*Fries offered with all sandwiches*</i>	Crispy Chicken	Hamburger Wrap or BigMac Wrap <i>*Fries offered with all sandwiches*</i>	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

Salads: Chicken Caesar Salad & Antipasto Salad

Fruit Smoothies & Parfaits

