



# COUGAR CAFE

## Week at a glance

Service Line	Monday 27-Sep	Tuesday 28-Sep	Wednesday 29-Sep	Thursday 30-Sep	Friday 1-Oct
	General TSO's Chicken Bowl & Dinner Roll	Mozzarella Sticks, Fries, Marinara Sauce & Bread	Home-made Chicken Quesadilla, Salsa, Sour Cream & Corn & Bean Salad	Meatball Sub, Green Beans & 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>	Teriyaki Chicken Bowl	Cheeseburger & Fries	Home-made Chicken Quesadilla, Salsa, Sour Cream & Corn & Bean Salad	Meatball Sub, Green Beans & Fries	Assorted Pizza
Soup		Corn Chowder			
Vegetable of the day	Broccoli	Baked Beans	Corn	Green Beans	Caesar Salad
	Crispy Chicken	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