

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 | Linguica Sandwich & Fries | |
| 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 | |
| Soup | | | | | |
| Vegetable of the day | | Steamed Carrots | Steamed Broccoli | Baked Beans | |
|  | | Burrito or Nachos <i>*Fries offered with all sandwiches*</i> | Crispy Chicken | Hamburger Wrap or BigMac Wrap <i>*Fries offered with all sandwiches*</i> | |

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