






# COUGAR CAFE

## Week at a glance

Service Line	Monday 20-Sep	Tuesday 21-Sep	Wednesday 22-Sep	Thursday 23-Sep	Friday 24-Sep
	Taco's, Salsa, Cheese, Lettuce, Tomato, Corn & Black Beans in a Taco Shell or over Rice	Chicken Nuggets & Fries Bread	Chicken Parmesan & Spaghetti	Hot Dog & 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>	Taco Salad	Chicken Nuggets & Fries Bread	Chicken Parmesan & Penne	Hot Dog & Fries	Assorted Pizza
Soup	Cheeseburger Soup				
Vegetable of the day	Corn or Black Beans	Steamed Carrots	Green Beans	Baked 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

