



COUGAR CAFE

Week 8

Service Line	Monday 18-Oct	Tuesday 19-Oct	Wednesday 20-Oct	Thursday 21-Oct	Friday 22-Oct
 THE STOVETOP <small>HOT LUNCHES</small> Main Meal	Chicken Chow Mein & Chop Suey Veggies	Chicken Nuggets, Fries & Bread	American Chop Suey, Green Beans & Garlic Bread	Turkey Club & 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 Stir Fry Bowl	Chicken Nuggets, Fries & Bread	Pasta & Meatsauce	Turkey Club & Fries	Assorted Pizza
<i>Vegetarian</i>					
<i>Milk Free</i>	Teriyaki Chicken Stir Fry Bowl	Chicken Nuggets, Fries & Bread	American Chop Suey	Turkey Club & Fries	Crispy Chicken Wrap or Salad
<i>Milk & Egg Free</i>	Teriyaki Chicken Stir Fry Bowl	Chicken Nuggets, Fries & Bread	American Chop Suey	Turkey Club & Fries	Crispy Chicken Wrap or Salad
Soup	Kale Soup				
Vegetable of the day	Steamed Broccoli	Steamed Carrots	Green Beans	Corn	Caesar Salad
 THE DELI BAR <small>WRAPS AND SALADS</small>	Crispy Chicken	Burrito or Nachos <i>*Fries offered with all sandwiches*</i>	Crispy Chicken	Hamburger Wrap or BigMac Wrap <i>offered with all sandwiches*</i>	Crispy Chicken <i>*Fries</i>