



COUGAR CAFE

Week 8

Service Line	Monday 12-Dec	Tuesday 13-Dec	Wednesday 14-Dec	Thursday 15-Dec	Friday 16-Dec
 THE STOVETOP <small>HOT LUNCHES</small> Main Meal	Teriyaki Beef Stir Fry Bowl	Chicken Nuggets, Fries & Bread	Early Release Day Bagel Pizza & Side Salad	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 Beef Stir Fry Bowl	Chicken Nuggets, Fries & Bread	Cheese Pizza	Turkey Club & Fries	Assorted Pizza
<i>Vegetarian</i>					
<i>Milk Free</i>	Teriyaki Beef Stir Fry Bowl	Chicken Nuggets, Fries & Bread	Ham Sandwich	Turkey Club & Fries	Crispy Chicken Wrap or Salad
<i>Milk & Egg Free</i>	Teriyaki Beef Stir Fry Bowl	Chicken Nuggets, Fries & Bread	Ham Sandwich	Turkey Club & Fries	Crispy Chicken Wrap or Salad
Soup		Kale Soup			
Vegetable of the day	Steamed Broccoli	Steamed Carrots	Side Salad	Corn	Caesar Salad
 THE DELI BAR <small>WRAPS AND SALADS</small>	Crispy Chicken	Hamburger Wrap or BigMac Wrap <small>offered with all sandwiches*</small>	Crispy Chicken <small>*Fries</small>	Burrito or Nachos <small>*Fries offered with all sandwiches*</small>	Crispy Chicken