



Cougar Café Lunch Menu

	Monday 08/31	Tuesday 09/01	Wednesday 09/02	Thursday 09/03	Friday 09/04
ENTRÉE	Chicken Alfredo Steamed Broccoli Garlic Bread Stick <i>GLUTEN FREE Pasta AVAILABLE</i> W S	Cheese and Pepperoni Pizza Roasted Broccoli <i>GLUTEN FREE CRUST AVAILABLE</i> M E S W	Hand Breaded Crispy Chicken Sandwich Homemade Mac & Cheese Honey Roasted Carrots M W	Chili Spaghetti 3-Way Sauteed Green Beans W M	Beef Nachos Spanish Rice Black Beans S
GRILL	Chicken Caesar Wrap E W	Italian Hoagie <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> S M W	Spicy Chicken Sandwich <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> W	Philly Cheesesteak <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> W	Cheese Enchiladas V M
SALAD	Kale Caesar Salad	Pasta Salad	Spinach Chef Salad	Spinach Bacon and Egg Salad	Spinach Garden Salad

Combo lunch: \$6.50 includes: Entrée, fresh veggie or fresh fruit and milk or 4oz water

Food allergen legend: **M**=Milk / **W**=Wheat / **E**=Eggs / **S**=Soy / **SE**=Sesame / **F**=Fish
 view a la carte items and pricing at stmaryhp.org on the lunch menu page

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