



Cougar Café Lunch Menu

	Monday 09/28	Tuesday 09/29	Wednesday 09/30	Thursday 10/01	Friday 10/02
ENTRÉE	Swedish Meatballs with Egg Noodles Sweet Peas <i>GLUTEN FREE PASTA AVAILABLE</i> W M S	Cheese and Pepperoni Pizza Side Salad <i>GLUTEN FREE CRUST AVAILABLE</i> M E S W	BBQ Chicken Sandwich Potato Wedges Sweet Corn <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> W	Cheese Coney Curly Fries Steamed Broccoli W M	Beef Tacos in Soft Tortillas Cilantro Lime Rice Black Beans W
GRILL	Gyro on Pita Bread W M	Meatball Hoagie <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> S M W	Philly Cheesesteak Hoagie <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> M W	Fish Sandwich <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> F W	Cheese Enchiladas V M
SALAD	Garden Salad	Italian Chopped Salad	Chef Salad	Greek Salad	Taco 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

Brandi Croley, Chef Manager
 St. Mary School Hyde Park
 mobile: 513-371-0114
 SFE- Southwest Foodservice Excellence, LLC
brandi.croley@sfellc.org

