



Cougar Café Lunch Menu

	Monday 09/21	Tuesday 09/22	Wednesday 09/23	Thursday 09/24	Friday 09/25
ENTRÉE	Crispy Chicken Sandwich Potato Wedges Sauteed Mixed Veggies W	Cheese and Pepperoni Pizza Side Salad <i>GLUTEN FREE CRUST AVAILABLE</i> M E S W	Chicken Stir-Fry Jasmine Rice SE S E W	Spaghetti & Meatballs Sauteed Green Beans Garlic Bread Stick <i>GLUTEN FREE PASTA AVAILABLE</i> W M	Beef Tacos in Soft Tortillas Cilantro Lime Rice Black Beans S
GRILL	Spicy Chicken Sandwich <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> W	Italian Hoagie <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> S M W	BLT Wrap W M	Chicken Parmesan Hoagie <i>GLUTEN & SESAME FREE BUNS AVAILABLE</i> W M	Cheese Enchiladas V M
SALAD	Garden Salad	Italian Chopped Salad	Chef Salad	Garden Salad	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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