Cougar Café Lunch Menu

	Monday 11/30	Tuesday 12/01	Wednesday 12/02	Thursday 12/03	Friday 12/04
ENTRÉE	Grilled Cheese Tomato Soup Steamed Broccoli M W	Cheese and Pepperoni Pizza Side Salad **GLUTEN FREE CRUST AVAILABLE** M E S W	Chinese Chicken Stir-Fry Jasmine Rice Sauteed Mixed Vegetables S **SE** W	Spaghetti & Meatballs Roasted Zucchini Garlic Toast W M S	Beef Tacos in Soft Tortilla Spanish Rice Refried Beans W
GRILL	Spicy Chicken Sandwich **GLUTEN & SESAME FREE BUNS AVAILABLE** S W	Italian Hoagie **GLUTEN & SESAME FREE BUNS AVAILABLE** S M W	Philly Cheesesteak Hoagie **GLUTEN & SESAME FREE BUNS AVAILABLE** S M W	Grilled Chicken Caesar Wrap W M	Cheese Quesadilla M W
LAD\SOUP	Tomato Soup	Garden Salad	Loaded Potato Soup	Caesar 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

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