



# COUGAR FITNESS CAFÉ



<b>LUNCH</b>	<b>ITEMS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>DATE</b>	2/27/12, 3/26/12, 4/23/12	2/28/12, 3/27/12, 4/24/12	2/29/12, 3/28/12, 4/25/12	3/1/12, 3/29/12, 4/26/12	3/2/12, 3/30/12, 4/27/12
	<b>ENTRÉE</b>					
		Roast Pork Loin Baked Cod Supreme Vegetarian Salisbury Steak Mediterranean Chicken	Roast Baron of Beef Grilled Cheese Vegetarian Bagel Sandwich Tortilla Crusted Tilapia	Roast Leg of Lamb Italian Chicken Baked Chili Relleno Portobello Mushroom Pita	Grilled Burger Italian Sausage & Peppers Eggplant Napoleon Grilled Salmon w/Pineapple Salsa	Baked Cod BBQ Pulled Pork Vegetable Frittata Grilled Turkey Burger
	<b>CARBOHYDRATES</b>					
		Yukon Gold Mash Potato Chef's Couscous	Sweet Potato Fries SW Roasted Red Potatoes	Brown Rice Savory Stuffing	Buttered Egg Noodles Sesame Sticky Rice	Macaroni & Cheese Brown Rice Risotto
	<b>VEGETABLES</b>					
		Sautéed Green Beans Roasted Brussels Sprouts	Steamed Cauliflower Fiesta Blend	Zucchini & Tomato Steamed Asparagus	Sautéed Spinach w/Garlic Caribbean Blend	California Blend Sugar Peas w/Mushrooms
	<b>PASTA BAR</b>					
		Multi Grain Penne Multi Grain Rotini Turkey Marinara Sauce Alfredo Sauce	Multi Grain Penne Multi Grain Rotini Beef Marinara Sauce Marinara Sauce	Multi Grain Penne Multi Grain Rotini Shrimp Alfredo Sauce Marinara	Multi Grain Penne Multi Grain Rotini Chicken Pesto Sauce Marinara	Multi Grain Penne Multi Grain Rotini Turkey Marinara Sauce Pesto Sauce
<b>DISPLAY COOKING</b>						
	Baked Potato Bar	Toasted Choice Sandwich	Flat Bread Pizza	BBQ Beef Sandwich	Breakfast Burrito Bar	
<b>SOUP</b>						
	Beef Noodle Vegetarian Rice Florentine	Chicken Rice Curried Lentil & Rice	Beef Oriental Cream of Potato	Chicken Vegetable Split Pea & Butternut Squash	Clam Chowder Black Bean w/Rice & Vegetables	
<b>Nutrient Dense Snack</b>						
	Granola Bar Sweet Bread Cookie	Granola Bar Sweet Bread Cookie	Granola Bar Sweet Bread Cookie	Granola Bar Sweet Bread Cookie	Granola Bar Sweet Bread Cookie	

Week 4 Revised 12/14/11