



USDA SOUTH CAFÉ

MENU

April 15-19, 2019

HOURS

Monday-Friday  
6:30am-3:30pm

(V) - VEGETARIAN  
ENTRÉE

(L) - MADE WITH  
LOCAL INGREDIENTS

This month's wellness theme: Earth Day- Recycling Meals for New Recipes. For recipes, wellness tips, and more, visit [nutrition.ilcreations.com](http://nutrition.ilcreations.com).

Menu items are subject to change based on availability.

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## Monday

### HOT BAR

Oven Roasted Turkey  
Macaroni and Cheese  
Steamed Kale  
Southern Fried Chicken (L)  
Chipotle Beef Enchiladas  
Roast Pork Loin with Gravy  
Baked White Fish with Pesto Sauce  
Chicken Pasta Primavera  
Warm Apple and Raisin Crisp  
Sweet Potatoes with Marshmallows  
Roasted Rosemary Potatoes  
Sweet Plantains  
Roasted Green Beans  
Roasted Vegetable Mélange  
Whole Wheat Pasta

### BBQ CUISINE

Pulled Pork  
BBQ Chicken (L)  
Spicy Potatoes  
Roasted Vegetables  
Roasted Corn  
ILC'S Black Eyed Peas

### WING BAR (L)

Sweet Chili Sauce Wings  
Spicy Buffalo Style Wings

### ASIAN BAR

Unfried Brown Rice  
Pork Fried Rice  
Singapore Noodles  
Chicken Broccoli (L)  
General Tso's Chicken (L)  
Fish with Thai Chili Sauce  
Spicy Meatballs  
Chinese Honey Pork  
Szechuan Green Beans (V)  
Cantonese Style Tofu  
Sautéed Bok Choy  
Vegetable Egg Rolls

### SOUPS

Southern-Style Corn Chowder  
Vegetarian Split Pea with Rosemary  
Chicken Noodle

## Tuesday

### HOT BAR

Oven Roasted Turkey  
Yukon Gold Mashed Potatoes  
Steamed Collard Greens  
Roasted Chicken Paprikash(L)  
Salisbury Steaks with Beef Gravy  
Cilantro Braised Pork  
Cajun Fried Fish  
Vegetable Baked Pasta  
Blueberry Cobbler  
Roasted Sweet Potatoes  
Cheddar Baked Potatoes Au Gratin  
Cajun Okra Stew  
Roasted Beets  
Roasted Vegetable Mélange  
Steamed Brown Rice  
Whole Wheat Pasta

### INDIAN CUISINE

Tandoori Chicken (L)  
Fish in Curry Sauce  
Punjabi-Style Cabbage  
Curried Potatoes  
Daal (V)  
Chana Masala (V)

### WING BAR (L)

Spicy Chicken  
BBQ Chicken

### ASIAN BAR

Unfried Brown Rice  
Vegetable Fried Rice  
Hong Kong Noodles  
Hunan Chili Chicken(L)  
Sesame Chicken (L)  
White Fish with Hoisin Glaze  
Mongolian Beef  
Kung Pao Pork  
Cabbage and Carrots (V)  
General Tso's Tofu  
Mushrooms in Oyster Sauce  
Vegetable Dumplings

### SOUPS

Chicken Tortilla  
Cream of Broccoli  
Hot and Sour

## Wednesday

### HOT BAR

Oven Roasted Turkey  
Yukon Gold Mashed Potatoes  
Steamed Kale  
Southern Fried Chicken (L)  
BBQ Beef Brisket  
Roast Pork Loin Dijon  
Lemon Velouté White Fish  
Tortellini with Marinara Sauce (V)  
Peach Crisp  
Sweet Potatoes with Marshmallows  
Fried Okra  
Steamed Broccoli  
Roasted Cauliflower  
Roasted Vegetable Mélange  
Steamed Brown Rice

### CARIBBEAN CUISINE

Jamaican Jerk Chicken (L)  
Caribbean Beef Stew  
Caribbean Vegetable Stew (V)  
Caribbean Potato Curry  
Jamaican Beef Patties  
Caribbean Rice

### WING BAR (L)

Baked Lemon Pepper Chicken  
Spicy Buffalo Style

### ASIAN BAR

Unfried Brown Rice  
Chicken Fried Rice (L)  
Vegetable Lo Mein  
Drunken Noodles  
Spicy Korean Chicken (L)  
General Tso's Chicken (L)  
Calamari in Black Bean Sauce  
Beef and Broccoli  
Twice Cooked Pork  
Vegetable Delight  
Tofu in Plum Sauce (V)  
Eggplant in Garlic Sauce

### SOUPS

Navy Bean with Ham  
Garden Vegetable  
Chicken Corn

## Thursday

### HOT BAR

Oven Roasted Turkey  
Braised Cabbage  
Chicken Shawarma (L)  
Gyro Bar  
Herbed Rice  
BBQ Pork Ribs  
ILC Deep Fried Fish  
Cheese Baked Stuffed Shells in Tomato Glaze  
Yellow Cake  
Chili Roasted Sweet Potatoes  
Hush Puppies  
Creamed Spinach  
Southwestern Roasted Corn  
Whole Wheat Pasta

### INDIAN CUISINE

Fish in Curry Sauce  
Chicken Tikka (L)  
Vegetable Curry (V)  
Curry Roasted Eggplant with Raisins  
Chana Masala (V)  
Punjabi Cabbage

### WING BAR (L)

Teryaki Chicken  
Moroccan chicken

### ASIAN BAR

Unfried Brown Rice  
Beef Fried Rice  
Singapore Noodles  
Basil Chicken (L)  
Honey Chicken (L)  
Pineapple Fish  
General Tso's Meatballs  
Pork in Black Bean Sauce  
Spicy Green Beans  
Tofu in Oyster Sauce  
Sautéed Bok Choy  
Vegetable Dumplings

### SOUPS

Hearty Beef and Bean Chili  
Gingered Carrot  
Hot and Sour

## Friday

### HOT BAR

Oven Roasted Turkey  
Macaroni and Cheese  
Steamed Kale  
Southern Fried Chicken (L)  
Burgundy-Style Beef Stew  
Italian Sausage with Peppers and Onions  
Lemon Baked White Fish with Leeks and Tomatoes  
Pasta with Mushroom Marinara Sauce  
Warm Mango Cobbler  
Sweet Potato Casserole  
Cajun Roasted Potatoes  
Steamed Green Beans  
Roasted Carrots  
Roasted Vegetable Mélange  
Steamed Brown Rice

### WING BAR (L)

Red Curry Chicken  
Spicy Buffalo Style

### ASIAN BAR

Unfried Brown Rice  
Pineapple Fried Rice  
Vegetable Lo Mein  
Korean Soy Chicken (L)  
Orange Chicken (L)  
Hunan Fish  
Kung Pao Beef  
Mandarin Pork  
Cabbage and Carrots  
Tofu in Black bean sauce  
Sautéed Squash and Zucchini  
Vegetable Egg Rolls

### SOUPS

Manhattan Style Seafood Chowder  
Cream of Mushroom  
Chicken Noodle

