



USDA SOUTH CAFÉ

MENU

November 18-22, 2019

HOURS

Monday-Friday

6:30am-3:30pm

(V) - VEGAN OR
VEGETARIAN ENTRÉE

(L) - MADE WITH
LOCAL INGREDIENTS

This month's wellness theme: "Diabetes Basics: Know your A,B,C's." For recipes, wellness tips, and more, visit nutrition.ilcreations.com.

Menu items are subject to change based on availability.

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Monday

HOT BAR

- Oven Roasted Turkey
- Celery and Sage Bread Stuffing
- Steamed Kale (V)
- Southern Fried Chicken (L)
- Beef Stroganoff
- Chicken and Andouille Jambalaya
- Lime-Roasted White Fish with Pico de Gallo
- Meatballs with Marinara and Cheese
- Pumpkin Crisp
- Sweet Potato with Marshmallows
- Egg Noodles (V)
- Peas and Pearl Onions (V)
- Roasted Beets (V)
- Roasted Vegetable Mélange (V)
- Whole Wheat Pasta (V)

BBQ CUISINE

- Pulled Beef Barbecue
- BBQ Chicken
- Spicy Potato
- Roasted Vegetable (V)
- Cumin Roasted Corn (V)
- Barbecued Baked Beans

WING BAR (L)

- Oven-Baked Parmesan Wings
- Spicy Buffalo Style Wings

ASIAN BAR

- White Rice (V)
- Unfried Brown Rice (V)
- Pork Fried Rice
- Vegetable Lo Mein
- Singapore Noodles
- Chicken Broccoli
- General Tso's Chicken
- Fish in Coconut Sauce
- Spicy Meatballs
- Chinese Honey Pork
- Szechuan Green Beans
- Spicy Mapo Tofu
- Sautéed Bok Choy

SOUPS

- Italian Wedding Soup
- Vegetarian Southern-Style Corn Chowder (V)
- Chicken Noodle

Tuesday

Dietitian Visit

HOT BAR

- Oven Roasted Turkey
- Yukon Gold Mashed Potatoes
- Steamed Collard Greens (V)
- Herbed Chicken Parmesan (L)
- Beef Meatloaf with Brown Sugar Ketchup Glaze
- Bratwurst and Sauerkraut
- Cajun Fried Fish
- Spinach and Cheese Stromboli
- Mango Foster
- Rice and Beans
- Seasoned Potato Wedges
- Succotash (V)
- Roasted Brussels Sprouts (V)
- Roasted Vegetable Mélange (V)
- Steamed Brown Rice (V)

INDIAN CUISINE

- Tandoori Chicken (L)
- Fish in Curry Sauce
- Yellow Rice
- Curried Potatoes (V)
- Daal (V)
- Chana Masala (V)

WING BAR (L)

- Cajun Chicken Wings
- Ginger-Curried Chicken Wings

ASIAN BAR

- White Rice (V)
- Unfried Brown Rice (V)
- Vegetable Fried Rice
- Vegetable Lo Mein
- Asian Spicy Rice Noodles
- Bourbon Chicken
- Orange Chicken
- Fish in Garlic Sauce
- Mongolian Beef
- Kung Pao Pork
- Cabbage and Carrots (V)
- Szechuan Tofu
- Mushroom in Oyster Sauce

SOUPS

- Chicken Tortilla
- Garden Vegetable (V)
- Hot and Sour (V)

Wednesday

HOT BAR

- Oven Roasted Turkey
- Macaroni and Cheese
- Braised Cabbage (V)
- Southern Fried Chicken (L)
- Texas-Style BBQ Beef Brisket
- Roasted Pork with Dijon Glaze
- Lemon White Fish Piccata
- Vegetable Lasagna
- Apple Cobbler
- Sweet Potato with Marshmallows
- Crunchy Corn Nuggets
- Steamed Broccoli (V)
- Roasted Mushrooms (V)
- Roasted Vegetable Mélange (V)
- Steamed Brown Rice (V)
- Whole Wheat Pasta (V)

CARIBBEAN CUISINE

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

WING BAR (L)

- Spicy Sriracha Wings
- Honey Mustard Wings

ASIAN BAR

- White Rice (V)
- Unfried Brown Rice (V)
- Chicken Fried Rice
- Vegetable Lo Mein (V)
- Pad Thai
- Spicy Korean Chicken
- General Tso's Chicken
- Calamari in Black Bean Sauce
- Beef and Broccoli
- Twice Cooked Pork
- Vegetable Delight
- Mongolian Style Tofu
- Eggplant in Garlic Sauce (V)

SOUPS

- Navy Bean Soup with Ham
- Tomato Bisque (V)
- Chicken Corn

Thursday

HOT BAR

- Oven Roasted Turkey
- Yukon Gold Mashed Potatoes
- Steamed Collard Greens (V)
- Chicken Shawarma (L)
- Gyro Bar
- Herbed Rice
- Rockin' BBQ Pork Ribs
- Lemon Pepper Fried Fish
- Baked Pasta Marinara with Italian Sausage
- Cream Cheese Brownie
- Chili Roasted Sweet Potatoes
- Hush Puppies
- Creamed Spinach
- Roasted Carrots (V)
- Roasted Vegetable Mélange (V)

INDIAN CUISINE

- Fish in Curry Sauce
- Butter Chicken (L)
- South Indian Vegetable Stew (V)
- Curry Roasted Eggplant with Raisins
- Chana Masala (V)
- Benjabi Cabbage

WING BAR (L)

- Jamaican Jerk Wings
- Rotisserie Wings

ASIAN BAR

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

SOUPS

- Hearty Beef and Bean Chili
- Butternut Squash Soup (V)
- Hot and Sour (V)

Friday

HOT BAR

- Oven Roasted Turkey
- Celery and Sage Bread Stuffing
- Steamed Kale (V)
- Southern Fried Chicken (L)
- Franks and Beans
- Pulled Pork Poblano Verde
- Herb Crusted White Fish
- Seafood Marinara Pasta
- Blueberry Cobbler
- Sweet Potato Casserole
- Steamed Parsley Potato (V)
- Steamed Green Beans (V)
- Roasted Turnips (V)
- Roasted Vegetable Mélange (V)
- Steamed Brown Rice (V)
- Whole Wheat Pasta (V)

CHEF'S THEME

WING BAR (L)

- Sweet and Spicy Asian Wings
- Spicy Buffalo Style Wings

ASIAN BAR

- White Rice (V)
- Unfried Brown Rice (V)
- Pineapple Fried Rice
- Vegetable Lo Mein
- Spicy Rice Noodles
- Korean Soy Chicken
- Sesame Chicken
- Jalapeño Shrimp
- Kung Pao Beef
- Pork and Broccoli
- Cabbage and Carrots (V)
- Tofu in Black Bean Sauce (V)
- Sautéed Squash and Zucchini (V)

SOUPS

- New England Seafood Chowder
- Mediterranean Chickpea Chili (V)
- Chicken Noodle

