



USDA SOUTH CAFÉ

MENU

June 24-28, 2019

HOURS

Monday-Friday

6:30am-3:30pm

(V) - VEGETARIAN

ENTRÉE

(L) - MADE WITH

LOCAL INGREDIENTS

This month's wellness theme: Nutrition and Aging Young. 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

- Roasted Turkey
- Macaroni and Cheese
- Braised Cabbage
- Steamed Kale (V)
- Southern Fried Chicken (L)
- Stuffed Peppers
- Smothered Fried Pork Chop
- Baked White Fish with Pesto Sauce
- Chicken Pasta Primavera
- Warm Apple and Raisin Crisp
- Sweet Potato with Marshmallows
- Roasted Rosemary Potatoes
- Sweet Plantains
- Roasted Green Beans
- Roasted Vegetable Mélange

BBQ CUISINE

- Pulled Pork
- BBQ Chicken
- Spicy Potatoes
- Roasted Vegetable
- Roasted Corn
- Chef Earl's Black Eyed Peas

WING BAR (L)

- Baked Lemon Pepper Wings
- Spicy Buffalo Style Wings

ASIAN BAR

- White Rice
- Pork Fried Rice
- Vegetable Lo Mein
- Singapore Noodles
- Chicken Broccoli (L)
- General Tso's Chicken (L)
- Fish with Thai Chili Sauce
- Spicy Meatballs
- Chinese Honey Pork
- Szechuan Green Beans
- Cantonese Style Tofu
- Sautéed Bok Choy

SOUPS

- Cuban Pork and Black Bean Chili
- Ginger Carrot Soup
- Hot and Sour

Tuesday

HOT BAR

- Oven Roasted Turkey
- Yukon Gold Mashed Potatoes
- Celery and Sage Bread Stuffing
- Steamed Collard Greens (V)
- Roasted Chicken Paprikash
- Sloppy Joe
- Italian Sausage with Peppers and Onions
- Cajun Fried Fish
- Vegetable Baked Pasta
- Blueberry Cobbler
- Roasted Sweet Potatoes
- Cheddar Baked Potatoes Au Gratin
- Cajun Okra Stew
- Yuca Fries
- Roasted Vegetable Mélange

INDIAN CUISINE

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

WING BAR (L)

- Baked Sweet and Spicy Asian Wings
- BBQ Chicken Wings

ASIAN BAR

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

SOUPS

- Chicken Tortilla Soup
- Cream of Mushroom
- Chicken Noodle

Wednesday

Dietitian Visit

HOT BAR

- Oven Roasted Turkey
- Macaroni and Cheese
- Braised Cabbage
- Southern Fried Chicken (L)
- BBQ Beef Brisket
- Roast Pork Loin with Gravy
- Lemon Veloute White Fish
- Cheese Baked Stuffed Shells in Tomato Glaze
- Peach Crisp
- Sweet Potato with Marshmallows
- Fried Okra
- Cheddar Broccoli
- Roasted Root Vegetables
- Roasted Vegetable Mélange

CARIBBEAN CUISINE

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

WING BAR (L)

- Sweet Chili Sauce Wings
- Spicy Buffalo Style Wings

ASIAN BAR

- Unfried Brown Rice
- Chicken Fried Rice
- Vegetable Lo Mein
- Drunken Noodles
- Spicy Korean Chicken
- General Tso's Chicken
- Jalapeño Calamari
- Beef and Broccoli
- Twice Cooked Pork
- Vegetable Delight
- Tofu in Plum Sauce
- Eggplant in Garlic Sauce

SOUPS

- Navy Bean with Ham Soup
- Garden Vegetable
- Egg Drop

Thursday

HOT BAR

- Oven Roasted Turkey
- Yukon Gold Mashed Potatoes
- Steamed Collard Greens (V)
- Chicken Fajita with Onion & Peppers
- Beef Taco Meat
- Refried Beans
- BBQ Pork Ribs
- Lemon Pepper Fried Fish
- Oven-Baked Penne Pasta Marinara
- Chocolate Chip Yellow Cake
- Chili Roasted Sweet Potatoes
- Hush Puppies
- Green Bean and Tomato Casserole
- Cumin Roasted Corn
- Roasted Vegetable Mélange

INDIAN CUISINE

- Fried Croaker in Curry Sauce
- Chicken Biryani (L)
- Vegetable Curry
- Curry Roasted Eggplant with Raisins (V)
- Chana Masala (V)
- Benjabi Cabbage

WING BAR (L)

- Teriyaki Wings
- Moroccan Wings

ASIAN BAR

- Unfried Brown Rice
- Beef Fried Rice
- Vegetable Lo Mein
- Shanghai Noodles
- Basil Chicken
- Honey Chicken
- Pineapple Fish
- General Tso's Meatballs
- Pork in Black Bean Sauce
- Spicy Green Beans
- Tofu in Oyster Sauce
- Sautéed Bok Choy

SOUPS

- Chicken and White Bean Chili
- Creamy Broccoli Soup
- Hot and Sour

Friday

HOT BAR

- Oven Roasted Turkey
- Macaroni and Cheese
- Steamed Kale (V)
- Southern Fried Chicken (L)
- Smothered Country Fried Steak
- Cilantro Braised Pork
- White Fish Florentine
- 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
- Whole Wheat Pasta
- Marinara Sauce

WING BAR (L)

- Red Curry Wings
- Spicy Buffalo Style Wing

ASIAN BAR

- Unfried Brown Rice
- Thai Fried Rice
- Vegetable Lo Mein
- Taiwanese Noodles
- Korean Soy Chicken (L)
- Orange Chicken
- Hunan Fish
- Jalapeño Shrimp
- Kung Pao Beef
- Cabbage and Carrots (V)
- Tofu in Black Bean Sauce (V)
- Sautéed Squash and Zucchini

SOUPS

- Manhattan Seafood Chowder
- Minestrone
- Chicken Noodle

