



USDA SOUTH CAFÉ

MENU

February 25-March 1, 2019

HOURS

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

(V) - VEGETARIAN ENTRÉE

(L) - MADE WITH LOCAL INGREDIENTS

This month's wellness theme: Give your heart a little TLC with ILC. 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
Yukon Gold Mashed Potatoes
Celery and Sage Bread Stuffing
Steamed Kale
Chicken Pot Pie (L)
Homemade Beef Lasagna
Balsamic Glazed Pork Loin
Fried Fish
Chicken Pasta Primavera (L)
Mango Foster
Herb Roasted Sweet Potatoes
Rosemary Roasted Potatoes
Parmesan Roasted Cauliflower
Lemon Pepper Broccoli
Roasted Vegetable Mélange
Whole Wheat Pasta

BBQ CUISINE

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

WING BAR (L)

- Sweet Chili Sauce
Sriracha

ASIAN BAR

- Unfried Brown Rice
Pork Fried Rice
Singapore Noodles
General Tso's Chicken (L)
Fish in Coconut Sauce
Spicy Meatballs
Chinese Honey Pork
Szechuan Green Beans
Spicy Mapo Tofu
Mushrooms in Oyster Sauce
Vegetable Egg Rolls

SOUPS

- Hearty Turkey and Bean Chili
Creamy Potato (V)
Egg Drop

Tuesday

HOT BAR

- Oven Roasted Turkey
Yukon Gold Mashed Potatoes
Celery and Sage Bread Stuffing
Steamed Collard Greens
Southern Fried Chicken (L)
Country Beef Steak with Gravy
Cranberry Glazed Ham
Lemon Fish Piccata
Spring Risotto
Yellow Cake
Sweet Potatoes with Marshmallows
Crunchy Corn Nuggets
Mediterranean Green Beans
Garlic Glazed Brussels Sprouts
Roasted Vegetable Mélange
Steamed Brown Rice

INDIAN CUISINE

- Curried Chicken with Onions (L)
Fish in Curry Sauce
Punjabi-Style Cabbage
Mango Curry Tofu (V)
Daal (V)
Cumin-Scented Rice with Peas and Onions

WING BAR (L)

- Spicy BBQ

ASIAN BAR

- Unfried Brown Rice
Vegetable Lo Mein
Asian Spicy Rice Noodles
Bourbon Chicken (L)
Fish in Garlic Sauce
Mongolian Beef
Kung Pao Pork
Cabbage and Carrots
Szechuan Tofu
Sautéed Bok Choy
Vegetable Dumplings

SOUPS

- Chicken Tortilla
Garden Vegetable (V)
Chicken Noodle

Wednesday

Dietitian Visit

HOT BAR

- Oven Roasted Turkey
Yukon Gold Mashed Potatoes
Macaroni and Cheese
Steamed Kale
Rotisserie Chicken (L)
Texas Style BBQ Brisket
Smoked Ribs
Fried Fish
Pasta with Meat Sauce
Peach Crumble
Hush Puppies
Potatoes Au Gratin
Roasted Mushrooms
Green Bean Almondine
Roasted Vegetable Mélange
Steamed Brown Rice

CARIBBEAN CUISINE

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

WING BAR (L)

- Lemon Soy-Chili Roasted
Spicy Buffalo Style

ASIAN BAR

- Unfried Brown Rice
Chicken Fried Rice
Vegetable Lo Mein
Drunken Noodles
Honey Chicken (L)
Calamari in Black Bean Sauce
Pepper Steak
Szechuan Pork
Mongolian Style Tofu
Spicy Green Beans
Vegetable Egg Rolls

SOUPS

- Navy Bean with Ham
Cream of Mushroom (V)
Hot and Sour

Thursday

HOT BAR

- Oven Roasted Turkey
Macaroni and Cheese
Celery and Sage Bread Stuffing
Braised Cabbage
Chicken Shawarma (L)
Beef Kofta Skewers
Gyro Bar
Veracruz Style Tilapia
Pasta Carbonara
Warm Fruit Cobbler
Sweet Potatoes with Marshmallows
Falafel (V)
Creamed Spinach
Roasted Tomatoes
Roasted Vegetable Mélange
Whole Wheat Pasta

INDIAN CUISINE

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

WING BAR (L)

- Teriyaki
Moroccan

ASIAN BAR

- Unfried Brown Rice
Beef Fried Rice
Vegetable Lo Mein
Singapore Noodles
Orange Chicken (L)
Pineapple Fish
General Tso's Meatballs
Hunan Pork
Tofu in Black Bean Sauce
Eggplant in Garlic Sauce
Vegetable Dumplings

SOUPS

- Chicken, Okra and Tomato Gumbo
Vegetarian Split Pea (V)
Egg Drop

Friday

HOT BAR

- Oven Roasted Turkey
Macaroni and Cheese
Yukon Gold Mashed Potatoes
Steamed Kale
Southern Fried Chicken (L)
Shepherd's Pie
Caribbean Jerk Pork
Fried Fish
Pesto Pasta with Sun-Dried Tomatoes (V)
Blueberry Cobbler
Glazed Sweet Potatoes
Steamed Parsley Potatoes
Corn and Edamame Succotash (V)
Roasted Acorn Squash
Roasted Vegetable Mélange
Steamed Brown Rice

WING BAR (L)

- Baked Lemon Pepper
Spicy Jerk

ASIAN BAR

- Unfried Brown Rice
Pineapple Fried Rice
Vegetable Lo Mein
Spicy Rice Noodles
Sesame Chicken (L)
Jalapeño Shrimp
Kung Pao Beef
Spicy Chili Pork
Stir-Fried Vegetables
Tofu in Oyster Sauce
Vegetable Dumplings

SOUPS

- Vegetable Orzo (V)
New England Seafood Chowder
Chicken Noodle

