



USDA SOUTH CAFÉ

MENU

October 15-19, 2018

HOURS

Monday–Friday  
6:30am–3:30pm

(V) - VEGETARIAN  
ENTRÉE

(L) - MADE WITH  
LOCAL INGREDIENTS

This month's wellness theme: Plant-Based Meals. 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  
Macaroni and Cheese  
Steamed Kale  
Parmesan Chicken (L)  
Honey Roasted Ham  
Homemade Beef Lasagna  
Citrus Fish Fillet  
Tortellini Pasta with Marinara (V)  
Mango Foster  
Roasted Sweet Potatoes  
Buttered Potatoes  
Eggplant Parmesan (V)  
Baked Pineapple  
Roasted Italian Vegetables  
Steamed Brown Rice

### BBQ BAR

BBQ Pork  
BBQ Chicken (L)  
Cajun Okra Stew  
Glazed Carrots  
Rice and Beans (V)  
Cumin Roasted Sweet Corn

### WING BAR

Sweet Chili Sauce Wings (L)  
Ginger Curried Wings (L)

### ASIAN BAR

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

### SOUPS

Turkey and Rice  
Creamy of Tomato  
Egg Drop

## Tuesday

### HOT BAR

Oven Roasted Turkey  
Braised Collard Greens  
Chicken and Andouille Etouffee (L)  
Home-Style Meatloaf  
Garlic Rosemary Pork Loin  
Lemon Velouté Salmon  
Pasta Bolognese  
Mango Bread Pudding  
Sweet Potato with Marshmallows  
Seasoned Potato Wedges  
Roasted Brussels Sprouts  
Lemon Pepper Broccoli  
Roasted Vegetable Mélange  
Whole Wheat Pasta  
Marinara Sauce

### INDIAN BAR

Classic Chicken Masala (L)  
Fish in Curry Sauce  
Punjabi Style Cabbage  
Mango Curry Tofu (V)  
Daal (V)  
Yellow Rice

### WING BAR

Spicy Wings (L)  
BBQ Chicken Wings (L)

### ASIAN BAR

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

### SOUPS

Chicken Tortilla (L)  
Vegetable Minestrone  
Chicken Noodle (L)

## Wednesday

### Dietitian Visit-Health Fair

### HOT BAR

Oven Roasted Turkey  
Macaroni and Cheese  
Steamed Kale  
Chicken and Dumplings (L)  
Corned Beef with Cabbage  
Smoked Ribs  
Lime Roasted White Fish with Pico  
Chicken Pasta Primavera (L)  
Homemade Brownies  
Glazed Sweet Potatoes  
Potatoes Au Gratin  
Steamed Corn and Edamame  
Succotash (V)  
Pixar Style Baked Ratatouille (V)  
Roasted Vegetable Mélange  
Steamed Brown Rice

### CARIBBEAN BAR

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

### WING BAR

Lemon Soy and Chili Roasted  
Chicken Wings (L)  
Spicy Buffalo Style Wings (L)

### ASIAN BAR

Vegetable Lo Mein  
Drunken Noodles  
Honey Chicken (L)  
Calamari in Black Bean Sauce  
Pepper Steak  
Szechuan Pork  
Vegetable Delight  
Mongolian Style Tofu  
Spicy Green Beans

### SOUPS

Navy Bean with Ham  
Potato Leek  
Hot and Sour

## Thursday

### HOT BAR

Oven Roasted Turkey  
Braised Collard Greens  
Chicken Shawarma (L)  
Stuffed Peppers with Cheese (V)  
Gyro Bar  
Herbed Rice  
Garlic Glazed Fish with Lemon Caper  
Sauce  
Seafood Aglio e Olio Pasta  
Iced Yellow Cake  
Sweet Potatoes with Marshmallows  
Cumin Roasted Carrots with Cilantro  
Creamed Spinach  
Roasted Vegetable Mélange  
Whole Wheat Pasta  
Marinara Sauce

### INDIAN BAR

Fish in Curry Sauce  
Chicken Tikka (L)  
Vegetable Curry (V)  
Curry Roasted Eggplant with Raisins  
Curried Potatoes  
Curried Pineapple Rice

### WING BAR

Teriyaki Chicken Wings (L)  
Moroccan Chicken Wings (L)

### ASIAN BAR

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

### SOUPS

Chicken Gumbo (L)  
French Onion  
Egg Drop

## Friday

### HOT BAR

Oven Roasted Turkey  
Macaroni and Cheese  
Steamed Kale  
Chicken Fajitas (L)  
Beef Bourguignon  
Roast Pork with Georgian Style BBQ  
Sauce  
Spanish Style Paella  
Chipotle Cheese Enchilada (V)  
Blueberry Cobbler  
Buttered Egg Noodles  
Steamed Parsley Potatoes  
Steamed Green Beans  
Roasted Butternut Squash  
Roasted Vegetable Mélange  
Steamed Brown Rice

### AMERICAN BAR

Chef's Theme

### WING BAR

Baked Lemon Pepper Wings (L)  
Spicy Jerked Chicken Wings (L)

### ASIAN BAR

Pineapple Fried Rice  
Vegetable Lo Mein  
Korean Chicken (L)  
Jalapeño Shrimp  
Kung Pao Beef  
Spicy Chili Pork  
Stir-Fried Vegetables  
Tofu in Oyster Sauce  
Vegetable Egg Rolls

### SOUPS

Garden Vegetable  
New England Seafood Chowder  
Chicken Noodle (L)

