



USDA SOUTH CAFÉ

**MENU**

**September 25-29, 2017**

**HOURS**

**Monday–Friday  
6:30am–3:30pm**

**(V) - VEGETARIAN  
ENTRÉE**

**(L) - MADE WITH  
LOCAL INGREDIENTS**

This month's wellness theme is Family Meals Month. For recipes, wellness tips, and more, visit [nutrition.ilcreations.com](http://nutrition.ilcreations.com).

Menu items are subject to change based on availability.

**ILCREATIONS.COM**

## Monday

**HOT BAR**

- Cranberry Glazed Ham
- Roasted Chicken with Lemon Salsa (L)
- Pork Loin with Jalapeño Glaze
- Lemon White Fish Piccata
- Baked Pasta with Marinara (V)
- Turkey Shepherd's Pie
- Braised Kale
- Braised Cabbage
- Steamed Brussels Sprouts
- Roasted Eggplant
- Fresh Vegetable Mélange
- Whole Wheat Pasta
- Marinara Sauce
- Maple Glazed Sweet Potatoes
- Steamed Brown Rice
- Baked Chili Mac

**ASIAN BAR**

- General Tso's Chicken (L)
- Mandarin Beef
- Hunan Fish
- Twice Cooked Pork
- Vegetable Fried Rice
- Sautéed Zucchini
- Egg Rolls

**BBQ BAR**

- BBQ Pork
- BBQ Chicken (L)
- Spicy Potatoes
- Roasted Vegetables (V)
- Roasted Corn
- Rice and Beans (V)

**SOUPS**

- Cuban Pork and Black Bean Chili
- Creamy Tomato Parmesan Bisque
- Egg Drop

## Tuesday

**HOT BAR**

- Roasted Chicken Paprikash (L)
- Sun-Dried Tomato Chicken (L)
- Chimichurri Steak with Onions and Tomatoes
- Braises Pork Carnitas
- Citrus Fish Fillet with Capers
- Pesto Pasta with Sun-dried Tomatoes (V)
- Mango Cobbler
- Braised Collard Greens
- Steamed Green Beans
- Roasted Carrots
- Fresh Vegetable Mélange
- Baked Macaroni and Cheese (V)
- Sweet Potatoes with Marshmallows
- Steamed Brown Rice
- Oil-Roasted Potatoes with Rosemary

**ASIAN BAR**

- Bourbon Chicken (L)
- Honey Pork
- Szechuan Fish
- Mongolian Beef
- Vegetable Lo Mein
- Steamed Dumplings
- Cabbage and Carrots

**INDIAN BAR**

- Biryani Chicken (L)
- Indian Curry Fish Fillet
- Daal
- Curried Vegetables (V)
- Curried Tofu
- Chana Masala (V)

**SOUPS**

- Chicken Tortilla
- Garden Vegetable
- Asian Chicken Noodle

## Wednesday

**Dietitian Visit**

**HOT BAR**

- Cranberry Glazed Ham
- Chicken Marsala (L)
- Roasted Pork Butt
- White Fish with Garlic Butter
- Pasta with Alfredo Sauce (V)
- Corned Beef with Cabbage
- Braised Kale
- Braised Cabbage
- Steamed Cauliflower
- Roasted Brussels Sprouts
- Fresh Vegetable Mélange
- Roasted Potato Wedges
- Steamed Brown Rice
- Smoked Bacon Macaroni and Cheese
- Steamed Broccoli

**ASIAN BAR**

- Orange Chicken (L)
- Pork with Broccoli
- Fish in Ginger Sauce
- Spicy Kung Pao Beef
- Steamed Dumplings
- Unfried Rice
- Sautéed Zucchini

**CARIBBEAN BAR**

- Jamaican Curried Chicken (L)
- Caribbean Fish with Mango Salsa
- Jamaican Beef Patty
- Caribbean Potato Curry
- Jamaican Vegetable Stew (V)
- Curried Pineapple Rice (V)

**SOUPS**

- Navy Bean with Ham
- Split Pea with Rosemary
- Hot and Sour

## Thursday

**HOT BAR**

- Montreal Rubbed Roasted Chicken (L)
- Ricotta-Baked Beef Lasagna
- Smoked Ribs
- Chili Rubbed Fish with Pineapple Salsa
- Pasta with Garlic-Basil Marinara (V)
- Peach Cobbler
- Braised Collard Greens
- Braised Cabbage
- Steamed Carrots
- Roasted Green Beans
- Fresh Vegetable Mélange
- Sweet Potatoes with Marshmallows
- Steamed Brown Rice
- Rosemary Potato Wedges
- Yukon Gold Mashed Potatoes

**ASIAN BAR**

- Chicken with Broccoli (L)
- Teriyaki Pork
- Fish in Black Bean Sauce
- Pepper Steak
- Eggplant in Garlic Sauce
- Beef Fried Rice
- Cabbage and Carrots

**INDIAN BAR**

- Chicken Tikka (L)
- Indian Curry Fresh Fish Fillet
- Curried Vegetable
- Chana Masala (V)
- Punjabi Cabbage (V)
- Indian Rice

**SOUPS**

- Vegetable Rice
- Beef Chili
- Thai Chicken

## Friday

**HOT BAR**

- Turkey Meatloaf
- Classic Beef Pot Roast
- Rotisserie Chicken (L)
- Honey Lime Roasted Pork
- Fish Vera Cruz
- Penne with Pomodoro Sauce (V)
- Swedish Meatballs
- Braised Kale
- Braised Cabbage
- Steamed Green Beans
- Roasted Mushrooms
- Fresh Vegetable Mélange
- Spicy Roasted Sweet Potatoes
- Steamed Brown Rice
- Baked Macaroni and Cheese (V)
- Pasta with Marinara Sauce

**ASIAN BAR**

- Sweet and Sour Chicken (L)
- Beef with Broccoli
- Fish in Sweet Thai Chili Sauce
- Spicy Meatballs
- Pineapple Fried Rice (V)
- Spicy Green Beans
- Unfried Brown Rice

**SOUPS**

- Garden Vegetable
- Manhattan Seafood Chowder
- Asian Chicken Noodle