



USDA SOUTH CAFÉ

MENU

March 19-23, 2018

HOURS

Monday–Friday  
6:30am–3:30pm

(V) - VEGETARIAN  
ENTRÉE

(L) - MADE WITH  
LOCAL INGREDIENTS

This month's wellness theme: Go Further with Food. For recipes, wellness tips, and more, visit [nutrition.ilcreations.com](http://nutrition.ilcreations.com).

Menu items are subject to change based on availability.

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## Monday

### HOT BAR - THANKSGIVING AND ITALIAN

Oven Roasted Turkey  
Yukon Gold Mashed Potatoes  
Steamed Kale  
Chicken Milanese (L)  
Ricotta Baked Beef Lasagna  
Rosemary Roasted Pork Loin Piccata  
Citrus Fish fillet with Capers  
Pasta with Sun-Dried Tomato  
Rosemary Roasted Potatoes  
Eggplant Parmesan  
Parmesan Crusted Zucchini  
Roasted Vegetable Mélange  
Mango Foster  
Steamed Brown Rice  
Whole Wheat Pasta  
Marinara Sauce

### BBQ BAR

BBQ Pork  
BBQ Chicken (L)  
Spicy Potato  
Roasted Corn  
Rice and Beans

### WING BAR

Sweet Chili Wings  
Ginger Curried Wings

### ASIAN BAR

General Tso's Chicken (L)  
Fish in Thai Chili Sauce  
Spicy Meatballs  
Chinese Honey Pork  
Szechuan Green Beans  
General Tso's Tofu  
Curry Tofu  
Vegetable Egg Rolls  
Vegetable Dumplings  
Mushrooms in Oyster Sauce

### SOUPS

Beef Meatball  
Lentil  
Egg Drop

## Tuesday

### HOT BAR -THANKSGIVING AND FRENCH

Oven Roasted Turkey  
Yukon Gold Mashed Potatoes  
Southern Style Collard Greens  
Coq Au Vin Blanc (L)  
Beef Bourguignon  
Pork Cordon Blue  
White Fish Almondine  
Pasta with Alfredo Sauce  
Chili Roasted sweet Potato  
Potato Au Gratin  
Tomato Provencal  
Green Bean Almondine  
Roasted Vegetable Mélange  
Apple Crisp  
Steamed Brown Rice  
Whole Wheat Pasta  
Marinara Sauce

### INDIAN BAR

Tandoori Chicken (L)  
Ginger Curry Fish Fillet  
Curried Vegetables  
Tofu  
Chana Masala

### WING BAR

Spicy Wings  
BBQ Wings

### ASIAN BAR

Kung Pao Beef  
Orange Chicken (L)  
Szechuan Fish  
Mongolian Beef  
Kung Pao Pork  
Vegetable Lo Mein (V)  
Pork in Black Bean Sauce  
Sautéed Zucchini  
Tofu with Tomatoes  
Okra with Roasted Garlic

### SOUPS

Chicken Tortilla  
Garden Vegetable  
Chicken Noodle (L)

## Wednesday

### DIETITIAN VISIT

### HOT BAR - THANKSGIVING AND COMFORT

Oven Roasted Turkey  
Baked Macaroni and Cheese  
Yukon Gold Mashed Potatoes  
Braised Cabbage  
Southern Style Chicken (L)  
Texas Style BBQ Brisket  
Smoked Ribs  
Cajun Fish  
Pasta Tuna Casserole  
Seasoned Potato Wedges  
Stewed Okra with tomato  
Garlic Glazed Brussels Sprouts  
Roasted Vegetable Mélange  
Peach Foster  
Steamed Brown Rice  
Whole Wheat Pasta  
Marinara Sauce

### CARIBBEAN BAR

Spicy Jamaican Jerked Chicken (L)  
Fish with Mango Salsa  
Caribbean Vegetable Stew  
Spicy Potato  
Caribbean Cabbage

### WING BAR

Lemon, Soy and Chili Roasted Wings  
Spicy Buffalo Style Wings

### ASIAN BAR

Spicy Kung Pao Beef  
Bourbon Chicken (L)  
Calamari in Black bean Sauce  
General Tso's Meatballs  
Hunan Pork  
Spicy Green Beans  
Mapo Tofu  
Eggplant in Garlic Sauce  
Vegetable Delight  
Eggplant in Garlic Sauce

### SOUPS

Navy Bean with Ham  
Cream of Broccoli  
Hot And Sour

## Thursday

### OYSTER TASTING

### HOT BAR -THANKSGIVING AND HOME-STYLE

Oven Roasted Turkey  
Yukon Gold Mashed Potatoes  
Braised Collard Greens  
Chicken Pot Pie  
Savory Salisbury Steak  
Jambalaya  
White Fish with Garlic Butter  
Pasta with Garlic-Basil Marinara  
Sweet Potato with Marshmallows  
Steamed Parsley Potato  
Roasted Carrot  
Green Bean Tomato Casserole  
Roasted Vegetable Mélange  
Warm Fruit Cobbler  
Steamed Brown Rice  
Whole Wheat Pasta  
Marinara Sauce

### INDIAN BAR

Coconut Fish  
Chicken Biryani (L)  
Curried Vegetable  
Punjabi-Style Cabbage  
Daal

### WING BAR

Teriyaki Wings  
Moroccan Wings

### ASIAN BAR

Spicy basil Chicken (L)  
Sweet and Sour Chicken (L)  
Fish in Ginger Sauce  
Pepper Steak  
Mandarin Pork  
Vegetable Lo Mein (V)  
Pork with Broccoli  
Cabbage and Carrots  
Szechuan Tofu  
Stir Fred Beans Sprouts

### SOUPS

Tarragon Roast Turkey with Brown Rice  
Vegetable Minestrone  
Egg Drop

## Friday

### HOT BAR - THANKSGIVING AND LATIN

Oven Roasted Turkey  
Yukon Gold Mashed Potatoes  
Baked Macaroni and Cheese  
Steamed Kale  
Ancho Chicken (L)  
Stuffed Peppers  
Spicy Pork Carnitas w/Fresh Lime  
Seafood Paella  
Penne with Pomodoro Sauce  
Glazed Sweet Potatoes  
Potato Española  
Balsamic Glazed Brussels Sprouts  
Roasted Vegetable Mélange  
Bread Pudding  
Steamed Brown Rice  
Whole Wheat Pasta  
Marinara Sauce

### AMERICAN BAR

Chef's Theme

### WING BAR

Baked Lemon Pepper Wings  
Spicy Jerked Wings

### ASIAN BAR

Szechuan Chicken (L)  
Honey Chicken (L)  
Fish in Black Bean Sauce  
Spicy Meatballs  
Mandarin Pork  
Spicy Green Beans  
Tofu in Garlic Sauce  
Sautéed Squash  
Asian Spicy Rice Noodles  
Pineapple Fried Rice

### SOUPS

Vegetable Orzo  
Manhattan Seafood Chowder  
Chicken Noodle (L)

