



USDA SOUTH CAFÉ

**MENU**

**January 22-26, 2018**

**HOURS**

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

**(V) - VEGETARIAN  
ENTRÉE**

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

This month's wellness theme: New Year's Resolutions. 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**

Oven Roasted Turkey  
Cumin and Ancho Chicken (L)  
Southern Style Chicken and Dumpling (L)  
Baked Cajun Crusted Fish  
Pasta with Pesto Sauce  
Meatloaf with Gravy  
Pot Roast with Vegetable  
Braised Kale  
Braised Cabbage  
Steamed Brussels Sprouts  
Roasted Eggplant  
Fresh Vegetable Mélange  
Maple Glazed Sweet Potatoes  
Oven Baked Chili Mac

**AMERICAN INTERNATIONAL  
BAR**

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

**ASIAN BAR**

General Tso's Chicken (L)  
Mandarain Beef  
Twice Cooked Pork  
Hunan Fish  
Spicy Meatballs  
Vegetable Lo Mein  
Singapore Noodles  
Vegetable Fried Rice  
Mushroom In Oyster Sze  
Vegetable Delight

**SOUPS**

Beef Meatball  
Lentil  
Egg Drop

## Tuesday

**HOT BAR**

Oven Roasted Turkey  
Roasted Chicken Paprikash (L)  
Sausage with Onion Peppers  
Grilled White Fish Caribbean with Lemon  
Pasta with Sundried Tomato Sauce  
Beef Enchiladas  
Apple Coblér  
Braised Collard Greens  
Braised Cabbage  
Steamed Green Beans  
Roasted Carrot  
Fresh Vegetable Mélange  
Sweet Potato with Marshmallows  
Steamed Brown Rice  
Roasted Potatoes with Rosemary

**INDIAN BAR**

Tandori Chicken  
Ginger Curry Fish Filet  
Curried Vegetable  
Tofu  
Chana Masala  
Yellow Rice

**ASIAN BAR**

Sesame Chicken (L)  
Bourbon Chicken (L)  
Honey Pork  
Szechuan Fish  
Mongolian Beef  
Vegetable Lo Mein (V)  
Asian Spicy Noodles  
Chicken Fried Rice  
Cabbage And Carrots  
Vegetable Delight  
Spicy Green Beans

**SOUPS**

Chicken Tortilla  
Garden Vegetable  
Chicken Noodle

## Wednesday

### DIETITIAN VISIT- CHILI TASTING CONTEST

**HOT BAR**

Oven Roasted Turkey  
Smoked Ribs  
Chicken Fajitas (L)  
White Fish with Garlic Butter  
Pasta with Alfredo Sauce  
BBQ Beef Brisket  
Braised Kale  
Braised Cabbage  
Steamed Cauliflower  
Stewed Okra and Tomatoes  
Roasted Brussels Sprouts  
Fresh Vegetable Mélange  
Roasted Potato Wedges  
Steamed Brown Rice  
Smoked Bacon Macaroni and Cheese

**CARIBBEAN BAR**

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

**ASIAN BAR**

Orange Chicken (L)  
Spicy Kung Pao Beef  
Pork with Broccoli  
Jalapeño Calamari  
Spicy Meatballs  
Taiwanese Noodles  
Roast Pork Fried Rice  
Eggplant In Garlic Sauce  
Vegetable Delight  
Spicy Green Beans  
Unfried Brown Rice

**SOUPS**

Navy Bean with Ham  
Cream of Broccoli  
Hot And Sour

## Thursday

**HOT BAR**

Oven Roasted Turkey  
Peruvian Chicken (L)  
Glazed Ham  
Fish Forentine  
Pasta with Pomodoro Sauce  
Baked Pasta with Marinara  
Peach Cobbler  
Braised Collard Greens  
Steamed Carrots  
Roasted Green Beans  
Fresh Vegetable Mélange  
Sweet Potato with Marshmallows  
Steamed Brown Rice  
Rosemary Potato wedges

**INDIAN BAR**

Coconut Fish  
Chicken Biryani  
Curried Vegetable  
Curried Potato  
Benjabi Cabbage  
Daal

**ASIAN BAR**

Honey Chicken (L)  
Chicken with Broccoli (L)  
Teriyaki Pork  
Fish in Ginger Sauce  
Pepper Steak  
Vegetable Lo Mein (V)  
Drunken Noodles  
Beef Fried Rice  
Cabbage And Carrots  
Vegetable Delight  
Unfried Brown Rice

**SOUPS**

Tarragon Roast Turkey with Brown Rice  
Vegetable Minestrone  
Chicken Noodle

## Friday

**HOT BAR**

Oven Roasted Turkey  
Oven Baked Chicken (L)  
Pork Chicharrones  
Fish Veracruz  
Penne with Pomodoro Sauce  
Swedish Meatball  
Braised Kale  
Braised Cabbage  
Steamed Green Beans  
Rosted Mushroom  
Roasted Eggplant  
Fresh Vegetable Melange  
Spicy Roasted Sweet Potato  
Steamed Brown Rice  
Egg Noodles

**AMERICAN AND INTERNATIONAL  
BAR**

Chef's Theme

**ASIAN BAR**

Sweet and Sour Chicken (L)  
Kung Pao Chicken (L)  
Beef with Broccoli  
Fish Thai Sweet Chili  
Spicy Meatballs  
Singapore Noodles  
Pineapple Fried Rice  
Sautéed Squash and Zucchini  
Spicy Green Beans  
Steamed White Rice  
Unfried Brown Rice

**SOUPS**

Vegetable Orzo  
Manhattan Seafood Chowder  
Egg Drop

