



USDA SOUTH CAFÉ

MENU

July 16-20, 2018

HOURS

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

(V) - VEGETARIAN
ENTRÉE

(L) - MADE WITH
LOCAL INGREDIENTS

This month's wellness theme: Quick and Easy 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
Yukon Gold Mashed Potatoes
Steamed Kale
Chicken Milanese (L)
Ricotta-Baked Beef Lasagna
Rosemary-Roasted Pork Loin Piccata
Garlic Glazed Fish with Lemon Caper Sauce
Eggplant Parmesan (V)
Parmesan Crusted Zucchini (V)
Roasted Vegetable Mélange
Mango Foster
Steamed Brown Rice
Whole Wheat Pasta
Marinara Sauce

BBQ BAR

BBQ Pork
BBQ Chicken (L)
Spicy Potatoes
Roasted Vegetables
Corn on the Cob
Rice and Beans (V)

WING BAR

Sweet Chili Sauce Wings
Ginger-Curried Wings

ASIAN

Pork Fried Rice
Shanghai Noodles
Chicken and Broccoli (L)
General Tso's Chicken (L)
Fish in Coconut Sauce
Spicy Meatballs
Chinese Honey Pork
Szechuan Green Beans
Hunan Tofu
Mushrooms in Oyster Sauce
Vegetable Dumplings

SOUPS

Beef Meatball
Lentil
Egg Drop

Tuesday

HOT BAR

Oven Roasted Turkey
Yukon Gold Mashed Potatoes
Southern Style Collard Greens
Cajun Chicken (L)
Beef Pot Roast
Jambalaya
Chili-Rubbed Salmon with Pineapple Salsa
Chili Roasted Sweet Potatoes
Potatoes Au Gratin
Tomatoes Provençal
Green Bean Almondine
Apple Crisp
Steamed Brown Rice
Pasta with Alfredo Sauce (V)

INDIAN BAR

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

WING BAR

Spicy Wings
BBQ Wings

ASIAN BAR

Vegetable Lo Mein
Asian Spicy Rice Noodles
Korean Spicy Chicken (L)
Orange Chicken (L)
Sweet and Sour Fish
Mongolian Beef
Kung Pao Pork
Vegetable Delight
Szechuan Tofu
Sautéed Bok Choy
Vegetable Egg Rolls

SOUPS

Chicken Tortilla
Garden Vegetable
Chicken Noodle

Wednesday

Dietitian Visit

HOT BAR

Oven Roasted Turkey
Yukon Gold Mashed Potatoes
Braised Cabbage
Southern Chicken (L)
Texas Style BBQ Brisket
Smoked Ribs
Spanish Style Paella
Pasta Tuna Casserole
Roasted Sweet Potatoes
Stewed Okra with Tomatoes
Garlic Glazed Brussels Sprouts
Roasted Vegetable Mélange
Peach Foster
Steamed Brown Rice
Whole Wheat Pasta
Marinara Sauce

CARIBBEAN CUISINE

Spicy Jamaican Jerked Chicken (L)
Fish with Mango Salsa
Caribbean Vegetable Stew (V)
Spicy Potatoes
Caribbean Cabbage (V)
Caribbean Rice

WING BAR

Lemon, Soy and Chili Roasted Wings
Spicy Buffalo Style Wings

ASIAN BAR

Chicken Fried Rice (L)
Vegetable Lo Mein
Drunken Noodles
Spicy Kung Pao Beef
Sesame Chicken (L)
Calamari in Black bean Sauce
Szechuan Chicken (L)
Pork and Broccoli
Cabbage and Carrot
General Tso's Tofu
Eggplant in Garlic Sauce

SOUPS

Navy Bean Soup with Ham
Cream of Broccoli
Hot and Sour

Thursday

HOT BAR

Oven Roasted Turkey
Baked Macaroni and Cheese
Braised Collard Greens
Chicken Shawarma
Corned Beef with Cabbage
Gyro Bar
Herbed Rice
Slow Baked Salmon with Lemon and Thyme
Pasta with Garlic-Basil Marinara (V)
Sweet Potatoes with Marshmallows
Roasted Carrots
Green Bean and Tomato Casserole
Roasted Vegetable Mélange
Warm Fruit Cobbler
Steamed Brown Rice

INDIAN BAR

Coconut Fish
Chicken Biryani (L)
Curried Vegetables
Curried Potatoes
Punjabi Cabbage (V)
Daal (V)

WING BAR

Teriyaki Wings
Moroccan Wings

ASIAN BAR

Beef Fried Rice
Vegetable Lo Mein
Singapore Noodles
Bourbon Chicken (L)
Sesame Chicken (L)
Pineapple Fish
Pepper Steak
Mandarin Pork
Spicy Green Beans
Mongolian Style Tofu
Sautéed Bok Choy

SOUPS

Tarragon Turkey with Brown Rice
Vegetable Minestrone
Egg Drop

Friday

HOT BAR

Oven Roasted Turkey
Baked Macaroni and Cheese
Steamed Kale
Ancho Chicken (L)
Citrus Lime Fish
Spicy Pork Carnitas with Fresh Lime
Chili Rubbed Salmon with Sweet Corn Relish
Penne with Meatballs and Marinara
Beef Fajitas
Glazed Sweet Potatoes
White Rice and Black Beans (V)
Steamed Broccoli and Carrots
Roasted Vegetable Mélange
Bread Pudding
Steamed Brown Rice

AMERICAN BAR

Chef's Theme

WING BAR

Baked Lemon Pepper Wings
Spicy Jerked Wings

ASIAN BAR

Pineapple Fried Rice
Asian Spicy Rice Noodles
Vegetable Lo Mein
Beef Broccoli
General Tso's Chicken (L)
Fish in Garlic Sauce
General Tso's Meatballs
Vegetable Egg Rolls
Cabbage and Carrots
Tofu in Oyster Sauce
Sautéed Squash and Zucchini

SOUPS

Vegetable Orzo
Manhattan Seafood Chowder
Chicken Noodle

