



USDA SOUTH CAFÉ

MENU

September 18-22, 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.

Menu items are subject to change based on availability.

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Monday

HOT BAR

- Oven Roasted Turkey (L)
- Cumin and Ancho Chicken (L)
- Southern Style Chicken and Dumplings (L)
- Baked Cajun Crusted Tilapia
- Pasta with Pesto Sauce (V)
- Meatloaf with Gravy
- Pot Roast with Vegetables
- Braised Cabbage
- Braised Kale
- Roasted Pearl Onions and Peas
- Roasted Eggplant
- Fresh Vegetable Mélange
- Maple Glazed Sweet Potatoes
- Steamed Brown Rice
- Oven Baked Chili Mac

ASIAN BAR

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

BBQ BAR

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

SOUPS

- Beef Meatball
- Lentil
- Egg Drop

Tuesday

HOT BAR

- Roasted Chicken Paprikash (L)
- Sausage with Onion and Peppers
- Grilled White Fish Provençal with Lemon
- Pasta with Sun-dried Tomatoes (V)
- Beef Enchiladas
- Apple Cobbler
- Braised Collard Greens
- Steamed Carrots and Peas
- Stewed Okra and Tomatoes
- 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
- Spicy Green Beans

INDIAN BAR

- Tandoori Chicken (L)
- Ginger Curry Fish Fillet
- Curried Vegetable
- Tofu
- Chana Masala
- Yellow Rice

SOUPS

- Chicken Tortilla
- Garden Vegetable
- Asian Chicken Noodle

Wednesday

Dietitian Visit

HOT BAR

- Chicken Fajitas (L)
- Smoked Ribs
- Baked Fish Fillet with Lemon Thyme
- Pasta with Alfredo Sauce (V)
- Chipotle Glazed Beef Meatloaf
- BBQ Beef Brisket
- Braised Cabbage
- Braised Kale
- 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
- Sautéed Bok Choy
- Sautéed Zucchini

CARIBBEAN BAR

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

SOUPS

- Navy Bean Soup with Ham
- Cream of Broccoli
- Hot and Sour

Thursday

HOT BAR

- Peruvian Chicken (V)
- Glazed Ham
- Fish Florentine
- Pasta with Pomodoro Sauce (V)
- Ricotta-Baked Beef Lasagna
- 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
- Baked Macaroni and Cheese
- Yukon Gold Mashed Potatoes

ASIAN BAR

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

INDIAN BAR

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

SOUPS

- Tarragon Turkey with Brown Rice
- Vegetable Minestrone
- Thai Chicken

Friday

HOT BAR

- Oven Baked Chicken (L)
- Pork Chichirone
- Veracruz Style Tilapia with Cilantro Jus
- Pasta with Basil Alfredo Sauce (V)
- Baja-Style Braised Beef
- Swedish Meatballs
- Braised Cabbage
- Braised Kale
- Egg Noodles
- 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 Okra
- Unfried Brown Rice

SOUPS

- Vegetable Orzo
- Manhattan Seafood Chowder
- Asian Chicken Noodle