



Monday

Closed for President's Day

USDA SOUTH CAFÉ

MENU

February 19 - 23, 2018

HOURS

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

(V) - VEGETARIAN
ENTRÉE

(L) - MADE WITH
LOCAL INGREDIENTS

This month's wellness theme: Love Your Heart. For recipes, wellness tips, and more, visit nutrition.ilcreations.com.

Menu items are subject to change based on availability.

ILCREATIONS.COM

Tuesday

HOT BAR

Oven Roasted Turkey
Sun-Dried Tomato Chicken (L)
Shepherd's Pie
Jambalaya
Citrus Fish Fillet with Capers
Pesto Pasta with Sun dried Tomatoes
Mango Cobbler
Braised Collard Greens
Braised Cabbage
Steamed Green Beans
Roasted Carrots
Fresh Vegetable Mélange
Whole Wheat Pasta
Roasted Potatoes with Rosemary

INDIAN BAR

Butter Chicken(L)
Indian Curry Fresh Fish Fillet
Curried Vegetable
Daal
Indian Rice
Curried Tofu

ASIAN BAR

Bourbon Chicken (L)
Orange Chicken (L)
Pork in Black Bean Sauce
Szechuan Fish
Mongolian Beef
Vegetable Lo Mein (V)
Asian Spicy Noodles
Cabbage and Carrots
Tofu with Tomato
Okra with Roasted Garlic

SOUPS

Chicken Tortilla
Minestrone Vegetable
Chicken Noodle

Wednesday

DIETITIAN VISIT

HOT BAR

Oven Roasted Turkey
Chicken Marsala (L)
Roasted Pork Butt
White Fish with Garlic Butter
Pasta with Alfredo Sauce
Corned Beef with Cabbage
Braised Kale
Braised Cabbage
Stewed Okra with Tomatoes
Roasted Brussels Sprouts
Fresh Vegetable Mélange
Potato Au Gratin
Steamed Brown Rice
Smoked Bacon Macaroni and Cheese

CARIBBEAN BAR

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

ASIAN BAR

Spicy Kung Pao Beef
Sesame Chicken (L)
Salt Pepper Calamari
ILC Sweet and Spicy Beef
Hunan Pork
Vegetable Delight
Mapo Tofu
Eggplant in Garlic Sauce
Vegetable Delight
Eggplant in Garlic Sauce

SOUPS

Beef Barley
Split Pea with Rosemary
Hot and Sour

Thursday

HOT BAR

Oven Roasted Turkey
Montreal Rubbed Roasted Chicken (L)
Ricotta Baked Beef Lasagna
Smoked Ribs
Seafood Paella
Oven Baked Pasta with Marinara
Peach Crisp
Braised Collard Greens
Braised Cabbage
Steamed Carrots
Roasted Green Beans
Fresh Vegetable Mélange
Steamed Brown Rice

INDIAN BAR

Chicken Tika (L)
Indian Curry Fresh Fish Fillet
Curried Vegetables
Chana Masala
Benjabi Cabbage
Yellow Rice

ASIAN BAR

Black Pepper Chicken (L)
Sweet and Sour Chicken (L)
Fish in Ginger Sauce
Pepper Steak
Vegetable Lo Mein (V)
Singapore Noodles
Beef Fried Rice
Cabbage And Carrots
Schezuan Tofu
Spicy Green Beans

SOUPS

Vegetable Rice
Lobster Bisque
Egg Drop

Friday

HOT BAR

Turkey Meatloaf
Classic Beef Pot Roast
Rotisserie Chicken
Honey Lime Roasted Pork
Fish Veracruz
Penne with Pomodoro Sauce
Swedish Meatball
Braised Kale
Braised Cabbage
Steamed Green Beans
Roasted Eggplant
Fresh Vegetable Mélange
Spicy Roasted Sweet Potato
Steamed Brown Rice
Egg Noodles

AMERICAN BAR

Chef's Theme

ASIAN BAR

Beef Broccoli
Kung Pao Chicken (L)
Fish in Black Bean Sauce
General Tso's Meatballs
Honey Garlic Spareribs
Pineapple Fried Rice
Asian Spicy Rice Noodles
Stir-Fried Vegetables
Tofu in Garlic Sauce
Sautéed squash & Zucchini

SOUPS

Lentil
Manhattan Seafood Chowder
Chicken Noodle

