



USDA SOUTH CAFÉ

**MENU**

**April 23-27, 2018**

**HOURS**

**Monday–Friday  
6:30am–3:30pm**

**(V) - VEGETARIAN  
ENTRÉE**

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

This month's wellness theme: Nutrition Trends. 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
- Baked Macaroni and Cheese
- Steamed Kale
- Chicken Marsala (L)
- Beef Meatloaf with Brown Sugar Ketchup Glaze
- Brown Sugar Rubbed Ham
- Lemon White Fish Piccata
- Oven Baked Penne Pasta with Marinara
- Mango Foster
- Herb Roasted Sweet Potato
- Rosemary Roasted Potatoes
- Eggplant Involtini
- Parmesan Crusted Zucchini
- Roasted Vegetable Mélange

**BBQ BAR**

- BBQ Pork
- BBQ Chicken (L)
- Spicy Potatoes
- Roasted Vegetable
- Roasted Corn
- ILC'S Black Eyed Peas

**WING BAR**

- Sweet Chili Sauce Wings (L)
- Ginger -Curried Wings (L)

**ASIAN BAR**

- Pork Fried Rice
- Vegetable Lo Mein
- Chicken Broccoli (L)
- General Tso's Chicken (L)
- Fish in Coconut Sauce
- Spicy Meatballs
- Chinese Honey Pork
- Szechuan Green Beans
- Hunan Tofu
- Mushroom in Oyster Sauce

**SOUPS**

- Hearty Turkey and Bean Chili
- Creamy Potato
- Egg Drop

## Tuesday

**HOT BAR**

- Oven Roasted Turkey
- Yukon Gold Mashed Potatoes
- Southern Style Collard Greens
- Cajun Chicken (L)
- Shepherd's Pie
- Slow Cooked Pulled Pork
- Herb Crusted White Fish
- Pasta Primavera
- Apple Crisp
- Sweet Potato with Marshmallows
- Seasoned Potato Wedges
- Stewed Okra with tomato
- Garlic Glazed Brussels Sprouts
- Roasted Vegetable Mélange
- Whole Wheat Pasta
- Marinara Sauce

**INDIAN BAR**

- Tandoori Chicken
- Ginger Curry Fish Fillet
- Curried Vegetable
- Tofu
- Chana Masala
- Daal

**WING BAR**

- Spicy Chicken Wings (L)
- BBQ Chicken Wings (L)

**ASIAN BAR**

- Unfried Brown Rice
- Vegetable Fried Rice
- Bourbon Chicken (L)
- Orange Chicken (L)
- Fish in Garlic Sauce
- Mongolian Beef
- Kung Pao Pork
- Cabbage and Carrots
- Kung Pao Tofu
- Sautéed Bok Choy

**SOUPS**

- Chicken Tortilla
- Garden Vegetable
- Chicken Noodle

## Wednesday

**Dietitian Visit**

**HOT**

- Oven Roasted Turkey
- Baked Macaroni and Cheese
- Steamed Kale
- Southern-Style Chicken and Dumping (L)
- Texas Style BBQ Brisket
- Roasted Pork Loin Dijon's
- White Fish Florentine
- Creamy Alfredo Pasta
- Peach Foster
- Chili Roasted Sweet Potato
- Potato Au Gratin
- Roasted Mushrooms
- Green Bean Almondine
- Roasted Vegetable Mélange
- Steamed Brown Rice

**CARIBBEAN BAR**

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

**WING BAR**

- Lemon Soy and Chili Roasted Chicken Wings (L)
- Spicy Buffalo Style Wings (L)

**ASIAN BAR**

- Chicken Fried Rice
- Vegetable Lo Mein
- Spicy Kung Pao Beef
- Sesame Chicken (L)
- Hunan Chicken (L)
- Black Pepper Pork
- Vegetable Delight
- General Tso'a Tofu
- Eggplant in Garlic Sauce

**SOUPS**

- Navy Bean with Ham
- Cream of Mushroom
- Hot And Sour

## Thursday

**HOT BAR**

- Oven Roasted Turkey
- Yukon Gold Mashed Potatoes
- Braised Cabbage
- Chicken Parmesan (L)
- Swedish Style Meatballs
- Sizzled Italian Sausages with Spicy Piperade
- Veracruz Style White Fish with Cilantro Jus
- Pasta Bolognese
- Yellow Cake
- Sweet Potato with Marshmallows
- Egg Noodles
- Glazed carrots
- Steamed Broccoli
- Roasted Vegetable Mélange

**INDIAN BAR**

- Coconut Fish
- Butter Chicken (L)
- Curried Vegetable
- Chana Masala
- Punjabi Cabbage

**WING BAR**

- Teriyaki Chicken Wing (L)
- Moroccan Chicken Wings (L)

**ASIAN BAR**

- Beef Fried Rice
- Kung Pao Chicken
- General Tso's Chicken (L)
- Pineapple Fish
- Pepper Steak
- Mandarin Pork
- Cabbage and Carrot
- Mongolian Style Tofu
- Spicy Green Beans
- Vegetable Dumplings

**SOUPS**

- Chicken, Okra and Tomato Gumbo
- Vegetarian Split Pea
- Egg Drop

## Friday

**HOT BAR**

- Oven Roasted Turkey
- Baked Macaroni and Cheese
- Steamed Kale
- Rotisserie Chicken (L)
- Lamb Patties with Mediterranean Vegetable Ragout
- Cola Braised Pot Roast
- Herb Crusted Fish
- Vegetable Lasagna
- Bread Pudding
- Glazed Sweet Potatoes
- Steamed Parsley Potatoes
- Glazed Carrots and Parsnips with Chives
- Roasted Acorn Squash
- Roasted Vegetable Mélange

**AMERICAN BAR**

- Chef's Theme

**WING BAR**

- Baked Lemon Pepper Chicken Wings
- Spicy Jerked Chicken wing (L)

**ASIAN BAR**

- Asian Spicy Rice Noodles
- Beef Broccoli
- Szechuan Chicken(L)
- Kung Pao Chicken (L)
- Sweet and Sour Fish
- General Tso's Meatball
- Spicy Chili Pork
- Stir-Fried Vegetables
- Tofu in Oyster Sauce
- Sautéed Squash and Zucchini

**SOUPS**

- Vegetable Orzo
- Manhattan Seafood Chowder
- Chicken Noodle

