



DEPARTMENT OF
ENERGY FORRESTAL
CAFÉ

MENU

March 16 - 20, 2020

HOURS

Monday–Friday
6:45am–3:00pm

This month's wellness theme is "National Nutrition Month: Healthy Bites for Life." For recipes, wellness tips, and more, visit nutrition.ilcreations.com.

Menu items are subject to change based on availability.

ILCREATIONS.COM

Monday

HOT BAR

Lemon Pepper Chicken
Caribbean Jerk Pork Chops
Meatballs with Marinara
Beer Battered Fish
Vegetable Alfredo
Red Beans and Rice
Oven Baked Turkey
Warm Apple Cobbler
Mashed Sweet Potatoes
Steamed Sweet Corn
Roasted Italian Vegetables
Vegetable Melange
Gravy
Creamed Spinach
Herb Roasted Red Potatoes
Macaroni and Cheese

INTERNATIONAL

Curry Chicken
Beef and Mushrooms
Spicy Chili Pork
Fried Pineapple Fish
Crispy Jalapeño Wings
Curry Tofu
Lo Mein Noodles
Spicy Rice Noodles
Shrimp Fried Rice
Steamed White Rice
Steamed Brown Rice
Egg Rolls
Breaded Scallops
Sautéed Green Beans
Broccoli in Oyster Sauce
Sautéed Cauliflower

SOUP

Chicken and Vegetable
Egg Drop

Tuesday

HOT BAR

Fried Chicken
Roast Pork Loin with Mushrooms
and White Wine Reduction
Salisbury Steak with Mushrooms
Baked Lemon Pepper White Fish
Vegetable Pasta
Rice Pilaf
Oven Baked Turkey
Warm Fruit Cobbler
Steamed Green Beans
Spicy Roasted Sweet Potatoes
Braised Cabbage
Honey Glazed Carrots
Gravy
Stuffing
Mashed Potatoes
Bacon Macaroni and Cheese

INTERNATIONAL

Kung Pao Chicken
Beef and Broccoli
Garlic Pork
White Fish with Ginger Chili
Buffalo Wings
Tofu in Black Bean Sauce
Lo Mein Noodles
Taiwanese Noodles
Chicken Fried Rice
Steamed White Rice
Steamed Brown Rice
Spring Rolls
Vegetable Dumplings
Spicy Green Beans
Eggplant in Garlic Sauce
Sautéed Cabbage and Carrots

SOUP

Ham and Northern Bean
Thai Chicken

Wednesday

HOT BAR

Cajun Chicken
BBQ Rib Tips
Beef Lasagna
Cajun Fried Fish
Fettuccine Alfredo
Yellow Rice
Oven Baked Turkey
Apple Crisp
Collard Greens
Cabbage
Steamed Corn
Vegetable Melange
Gravy
Stuffing
Garlic Mashed Potatoes
Macaroni and Cheese

INTERNATIONAL

Teriyaki Chicken
Sweet and Sour Meatballs
Szechuan Pork
Jalapeño Calamari
Lemon Pepper Wings
Hunan Tofu
Beef Lo Mein Noodles
Sweet Potato Noodles
Fried Rice
Steamed White Rice
Steamed Brown Rice
Egg Rolls
Breaded Scallops
Sautéed Green Beans
Sautéed Bok Choy
Vegetable Delight

SOUP

Cream of Potato
Hot and Sour

Thursday

HOT BAR

Fried Chicken
Honey Lime Roasted Pork Loin
Beef Meatloaf with Brown Sugar
Ketchup Glaze
Caribbean White Fish with
Mango Salsa
Vegetable Lasagna
Spanish Brown Rice
Oven Baked Turkey
Peach Crumble
Sautéed Green Beans with Garlic
Butter
Roasted Sweet Potatoes
Steamed Brussels Sprouts
Vegetable Melange
Gravy
Stuffing
Mashed Potatoes
Bacon Macaroni and Cheese

INTERNATIONAL

Bourbon Chicken
Spicy Szechuan Shredded Beef
Honey Pork
Shrimp in Spicy Chili Sauce
Orange Glazed Wings
Tofu with Green Beans
Lo Mein Noodles
Hong Kong Noodles
Beef Fried Rice
Steamed White Rice
Steamed Brown Rice
Spring Rolls
Chicken Dumplings
Spicy Szechuan Green Beans
Steamed Broccoli
Sautéed Cabbage

SOUP

Chili
Chicken Noodle

Friday

HOT BAR

Chicken Parmesan
Roasted Pork Loin with Onion
Gravy
Swedish Meatballs
Chesapeake Fried Fish
Pasta Ratatouille
Cilantro Lime Rice
Chicken with Herb Roasted
Tomatoes and Pan Sauce
Raisin Bread Pudding
Brussels Sprouts
Collard Greens
Broccoli with Garlic Butter
Vegetable Melange
Gravy
Smashed Sweet Potatoes
Rice and Black Beans
Macaroni and Cheese

INTERNATIONAL

Egg Foo Yung
Chendu Spicy Beef
Mongolian Pork
White Fish in Black Bean Sauce
Chef P's Wings
Basil Tofu
Lo Mein Noodles
Singapore Noodles
Vegetable Unfried Rice
Steamed White Rice
Steamed Brown Rice
Egg Rolls
Breaded Scallops
Sautéed Green Beans
Mushrooms in Oyster Sauce
Sautéed Cauliflower

SOUP

Seafood
Thai Spicy Shrimp