



DEPARTMENT
OF ENERGY
GERMANTOWN CAFÉ

MENU
March 16-20, 2020

HOURS
Monday–Friday
6:45am–2:30pm

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

Roasted Chicken
Rice Pilaf
Baked Fish
Beef Stew
Egg Noodle Pasta
Steamed Vegetables
Warm Apple Cobbler
Meatball W Spaghetti
Pasta Primavera
Roasted Potatoes

SOUP

Chicken Noodle
White Bean

Tuesday

HOT BAR

Hard Taco Shells
Spicy Black Beans
Chicken and Steak Fajitas
Spanish Rice
House Made Chips
Chili Con Queso
Refried Beans
Picante Beef
Cheese Enchiladas
Corned Beef
Steamed Cabbage
Macaroni and Cheese
Fried Dumplings
Roasted Potatoes

SOUP

Cajun Chicken
Hot and Sour

Wednesday

HOT BAR

Fried Chicken
Fried Shrimp
Beef Meatloaf
Lemon Pepper Rice
Mashed Potatoes
Macaroni and Cheese
Steamed Vegetables
Beef Lasagna
Baked Fish
Steamed Corn
Roasted Sweet Potatoes

SOUP

Chicken Gumbo
Cream of Broccoli

Thursday

HOT BAR

General Tso's Chicken
White Rice
Spring Rolls
Shrimp Fried Rice
Beef with Broccoli
Lo Mein Noodle
Jalapeno Chicken Wings
Steamed Vegetables

SOUP

Chicken Rice
Egg Drop

Friday

HOT BAR

Grilled Chicken with Jalapeño
Steamed Rice
Spicy Black Beans
Fried Fish
Cheese Stuffed Shells
Bread Pudding
Vanilla Sauce

SOUP

England Clam Chowder
Vegetable