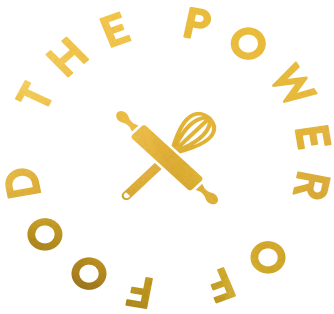


VCU Health



Weekly Menu

9-Feb

entrée:

callaloo

fried pork chunks

cuban mojo chicken

braised sweet potatoes

basmati rice | rice & beans | fried plantains

soup: tomato basil | chicken noodle

pop up station: miso glazed salmon bowl | stir fried baby bok choy



10-Feb

entrée:

verde

carne asada

chile margarita spiced chicken thigh

seasoned black beans | spanish rice

cilantro lime rice | queso | pico de gallo | salsa roja

soup: broccoli cheddar | beef bean chili

pop up station: cajun chicken | cheese grits | smokey collard greens

chopped green onions | cajun remoulade



11-Feb

entrée:

tandoori

chicken tikka masala

cauliflower w/no butter curry sauce

roasted moroccan chickpeas

basmati rice | broccoli w/garlic & chilies | naan bread

soup: vegetarian minestrone | italian wedding

pop up station: braised asian beef | jasmine rice | stir fry vegetables

vegetable spring roll with sauce



12-Feb

entrée:

happy hen

sweet tea fried chicken

signature fried chicken

maple glazed candied yams

cheesy scallion hashbrown casserole | bbq carrots

soup: smoked red pepper gouda | beef barley

pop up station: savannah meatloaf | au gratin potatoes

garlic & spice roasted broccoli



13-Feb

entrée:

smokehouse

barbecue baby back ribs

fire braised pulled chicken

southern style green beans

honey butter corn on the cob | macaroni & cheese

soup: lemon orzo chicken | butternut squash

pop up station: fried shrimp po boy | french fries | coleslaw | remoulade

