

VCU Health

Weekly Menu

6-May

entrée: tavola
chicken cacciatore
garlic & herb shrimp scampi
cheese tortellini | penne pasta
roasted yellow squash | marinara sauce | garlic breadstick

soup: broccoli cheddar | chicken noodle

chef inspired: bbq meatloaf | brown butter & scallion mash potatoes
smokey collard greens | memphis bbq sauce

**TAVOLA
ITALIANA**
TRADITIONAL FLAVORS OF ITALY

7-May

entrée: verde
beef taco meat
chicken tinga thigh
mexican street corn salad
yellow rice | seasoned black beans | pico de gallo | sour cream

soup: potato leek | chicken & wild rice

chef inspired: fried shrimp po boy | cajun remoulade | cajun coleslaw
sliced tomatoes | ranch kettle chips | fresh dill pickle spears

VER'DE
Fresh Latin Kitchen

8-May

entrée: king tide
salmon burger
crispy fried catfish
country cheese grits | smashed red potatoes | cajun remoulade
parmesan creamed spinach | parmesan butter corn on the cob

soup: tomato basil | italian wedding

chef inspired: bulgogi steak sandwich supreme | bulgogi steak bowl
bulgogi steak kim chi bowl | szechuan green beans | potato fries

**KING TIDE
SEAFOOD**

9-May

entrée: harvest
falafel
braised turkey breast
smashed cucumber cumin salad
roasted mushrooms | sesame carrots | black bean hummus

soup: red pepper smoked gouda | lobster bisque

chef inspired: fried cauliflower | brown fried rice | cantonese stir fry
general tso's sauce

HARVEST

10-May

entrée: creole queen
fried shrimp
chicken sausage & okra gumbo
new orleans red beans & rice
white rice | fried okra | corn black eyed peas & bean salad

soup: corn chowder | vegetable beef barley

chef inspired: peruvian chicken bowl | spanish rice | fried plantains
peruvian green sauce

**Creole
Queen**