USDA South Cafe

MONDAY

Menu

American Classic

Lemon Pepper Catfish
Peruvian Roast Chicken
Crispy Southern "Fried" Chicken
Massaman Beef and Butternut Squash Curry
Oven Baked Smoked Ham Striatta
Chili Roasted Sweet Potatoes
Punjabi-Style Cabbage
Glazed Summer Squash with Carrots
Baked Shells with Winter Squash
Whole-Roasted Turkey
Savory Stuffing
Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Roll
Vegetable Lo Mein
General Tso's Chicken
Kung Pao Pork
Sauteed Squash
Sauteed Green Beans
Fish in Black Bean Sauce
Beef with Broccoli

Soups

Clam Chowder
Chicken Gumbo
Hot and Sour

TUESDAY

Menu

American Classic

Tilapia Almondine with Lemon Dill Sauce
Herbed Chicken Parmesan
Filipino Chicken Adobo
Classic Beef Pot Roast
Slow Cooked BBQ Spareribs
Molasses Baked Beans with Grilled Onions
"Quick" Kale with Roasted Garlic
Steamed Zucchini
Savory Spinach-Artichoke Bread Pudding
Whole-Roasted Turkey
Savory Stuffing
Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Rolls
Bourbon Chicken
Taiwanese Rice Noodles
Broccoli with Walnuts
Black Pepper Beef
Sauteed Green Beans
Mapo Tofu
Pork in Garlic Sauce

Soups

Chicken Noodle
Matzo Ball Soup
Egg Drop Soup

Specials

Whitten Dining Room is newly renovated. Make your reservations today!!

USDA South Cafe

Specials

Wednesday - come visit our dietitian for a sample and handouts about healthy eating!

WEDNESDAY

Menu

American Classic

Roasted Salmon Sides w/ Peppers & Eggplant
Chicken Braised with White Wine and Mushrooms
Mediterranean Chicken Stew
Marinated Steak Fajitas
Southwestern Pork Loin with Mojo
Roasted Fennel, Tomato & Garlic Ragout
Balsamic Roasted Vegetables
Green Beans
Whole Wheat Pasta w/ Eggplant and Tomato
Turkey, Savory Stuffing, Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Rolls
General Tso's Chicken
Vegetable Lo Mein
Sauteed Cabbage and Carrots
Pork in Black Bean Sauce
Sauteed Green Beans
Hunan Beef
Fish in Garlic Sauce

Soups

Lentil Soup
Vegetable Beef
Hot and Sour

THURSDAY

Menu

American Classic

Lemon Pepper Shrimp Scampi Orzo
Curried Chicken with Onions
Michelle's BBQ Chicken
Braised Corned Beef and Cabbage
Mojo-Marinated Pork and Black Bean Stew
Parsley Buttered Egg Noodles
Steamed Carrots
Roasted Root Vegetables w/ Herbs
Mexican Rice Casserole
Whole-Roasted Turkey
Savory Stuffing
Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Rolls
Orange Chicken
Singapore Rice Noodles
Hunan Pork
Sha Cha Beef
Sauteed Green Beans
Calamari in Black Bean Sauce
Mushrooms in Oyster Sauce

Soups

Summer Squash Corn Chowder
Ham and Bean
Westlake Soup

FRIDAY

Menu

American Classic

Seared Swai Fish w/ Smoked Tomato Glaze
Chicken Marinara
Spicy Roasted Chicken Puttanesca
Beef Tagine w/ Butternut Squash
Salt and Pepper Pork Chops
Herb-Roasted Red Bliss Potatoes
Curry-Roasted Cauliflower w/ Cilantro
Garlic Glazed Brussel Sprouts
Pesto Penne with Sundried Tomato
Turkey, Savory Stuffing Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Rolls
General Tso's Chicken
Hong Kong Noodles
Beef with Broccoli
Wok Seared Vegetables
Sauteed Green Beans
Fish in Sweet and Sour Sauce
Szechuan Pork

Soups

Chicken and Rice
Clam Chowder
Hot and Sour

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Have a great weekend!!