USDA South Cafe

MONDAY

Menu

American Classic

Braised Pork Chops w/ Apples and Onions
Spicy Jamaican Jerk Chicken
Chicken Casserole
Steamed Collard Greens
Spinach-Artichoke Bread Pudding
Chili Roasted Sweet Potatoes
Lemon Shrimp Pasta
Southwestern Smothered Turkey
Meatloaf
Braciole Beef
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 Cabbage & Carrots
Sauteed Green Beans
Fish in Black Bean Sauce
Beef with Broccoli

Soups

Lentil Soup
Chicken Noodle
Hot and Sour

TUESDAY

Menu

American Classic

Quinoa with Sausage and Peppers
Yogurt-Roasted Chicken Breasts Tandoori
Chicken Braised w/ White Wine and Mushrooms
Herb-Glazed Green Beans w/Garlic
Cheddar Broccoli & Cauliflower
Olive Oil-Roasted Potatoes w/ Rosemary
Lemon Pepper Catfish
Risotto w/Peas & Zucchini
Beef Brisket
Turkey, Savory Stuffing
Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Rolls
Sesame Chicken
Taiwanese Rice Noodles
Hunan Pork
Black Pepper Beef
Sauteed Green Beans
Mapo Tofu
Fish in Coconut Sauce

Soups

Split Pea with Rosemary
Clam Chowder
Egg Drop Soup

Specials

New Product at the Local Retail Corner. Gator Ron's Zesty Sauce!

USDA South Cafe

WEDNESDAY

Menu

American Classic

Pork Loin w/ Lemon & Oregano Potatoes
Cumin and Ancho Chicken
Grilled Chicken Fajita
Cumin-Roasted Carrots and Cilantro
Cumin Glazed Corn
Potatoes O'Brien
Tilapia w/Lemon Butter-Dill Sauce
Spaghetti Carbonara
Burgundy-Style Beef Stew
Whole Roasted 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
Double Pork in Garlic Sauce
Steamed Beef with Broccoli
Sauteed Green Beans
Saute Squash an Zucchini
Spicy Fish in Garlic Sauce

Soups

Broccoli Cheddar
Vegetable Beef
Hot and Sour

THURSDAY

Menu

American Classic

Bratwurst w/Apples, Onions and Sauerkraut
Chicken Milanses
Herb Baked Chicken Parmesan
Roasted Root Vegetables w/Herbs
Glazed Summer Squash w/ Carrots
Smoky Black Beans w/ Bacon
Grilled Catfish Provencal w/Lemon
Baked Cavatappi
Salisbury Steaks w/ Roast Mushrooms
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
Pork in Broccoli
Spicy Asian Wings
Sauteed Green Beans
Mushrooms in Oyster Sauce
Pineapple Glazed Fish

Soups

Summer Squash Corn Chowder
Ham and Bean
Vegetable Noodle Soup

Specials

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

FRIDAY

Menu

American Classic

Spicy Grilled Chorizo w/Paprika Sauerkraut
Mediterranean Chicken Stew
Chicken Marsala
Steamed Broccoli
Curry-Roasted Eggplant
Risotto & Wild Mushroom Casserole
Poached Cod
Basil Pesto Penne
Beef Bourguignon
Whole-Roasted 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
Pork in Black Bean Sauce
Steamed Beef with Broccoli
Sauteed Green Beans
Chinese Eggplant in Garlic Sauce
Fish in Thai Sweet Chili Sauce

Soups

Ginger Carrot
Clam Chowder
Hot and Sour

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Have a great weekend!!