USDA South Cafe

Specials

Lunch menu for the week of April 8th-12th

MONDAY

Menu

American Classic

Jumbo Cheese Ravioli
Chicken and Potato Stew w/Artichokes and Olives
Sizzled Italian Sausages w/Spicy Piperade
Southern-Style Corn Pudding
Chimmichurri Steak w/ Onions & Tomatoes
Southern Fried Chicken
Grilled Catfish Provencal w/Lemon
Steamed Carrots
Turkey
Savory Stuffing
Gravy

World Cuisine

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

Soups

White Turkey Chili
Hot and Sour
Cream of Carrot

TUESDAY

Menu

American Classic

Chicken and Andouille Jambalaya
Oven Roasted Chicken and Spinach Lasagne
Creamy Feta Spinach Pie
African Curried Beef Pie
Braised Pork Chops w/ Apples and Onions
Moroccan Chicken Couscous
Tilapia w/ Lemon Butter-Dill Sauce
Mediterranean Grilled Eggplant & Zucchini
Cumin Roasted Cauliflower w/ Yogurt and Pomegrante
Turkey
Savory Stuffing/ Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Roll
Sauteed Green Beans
Sesame Chicken
Taiwanese Rice Noodles
Beef with Broccoli
Curry Tofu
Pork in Garlic Sauce
Coconut Fish

Soups

Vegetable Beef
Puree of Celery
Egg Drop

USDA South Cafe

WEDNESDAY

Menu

American Classic

Bratwurst with Sauerkraut
Pasta with Marinara
Pesto Stuffed Portabello Mushrooms
Salisbury Steaks w/ Roast Mushrooms
Pork Loin w/Diced Fruit & Orange Cider Glaze
Chicken w/Herb Roasted Tomato Pan Sauce
Roasted Salmon Sides w/ Peppers & Eggplant
Steamed Cauliflower
Steamed Collard Greens
Turkey
Savory Stuffing/ Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Roll
Sauteed Green Beans
General Tso's Chicken
Lemon Pepper Chicken Wings
Pork in Black Bean Sauce
Sauteed Broccoli and Cauliflower
Vegetable Lo Mein
Hunan Fish

Soups

Broccoli Cheddar
Chicken Noodle
Hot and Sour

THURSDAY

Menu

American Classic

Black Bean Tacos with Corn Salsa
Minted Sweet Peas w/ Pearl Onions
Retro Tuna Tertrazzini
Spicy Goan-Style Chicken Vindaloo
Potato and Onion Frittata w/ Piperade
Beefy Moussaka
Spicy Pork Carnitas w/ Fresh Lime
Peruvian Roast Chicken
Herb-Crusted Swai Fish w/ Lemon Couscous
Turkey
Savory Stuffing
Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Roll
Sauteed Green Beans
Orange Chicken
Black Pepper Steak
Singapore Rice Noodles
Honey Garlic Ribs
Vegetable Delight
Thai sweet Chili Fish

Soups

Summer Squash Corn Chowder
Ham and Bean
Westlake Soup

Specials

Wednesday - come visit our dietitian for samples and handouts about Fruits and Vegetables!

FRIDAY

Menu

American Classic

Panang Vegetable Curry
Herbed Chicken Parmesan
Spaghetti Carbonara
Strip Loin w/ Roast Mushrooms
Spicy Pork Ribs w/ Jalapeno Honey Glaze
Buttermilk Baked Chicken
Lemon Pepper Catfish
Macaroni and Cheese
Broccoli, Cauliflower and Walnut Saute
Turkey
Savory Stuffing
Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Roll

General Tso's Chicken
Hong Kong Noodles
Spicy Asian Wings
Double Cooked Pork
Wok Seared Vegetables
Fish in Garlic Sauce

Soups

Black Bean
Rancher's Beef Chili
Hot and Sour

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Have a great weekend!!