USDA South Cafe

Specials

Monday stop by the South Cafe to sample a variety of Oysters! Menu for the week of April 15th-19th

MONDAY

Menu

American Classic

Slow Cooked BBQ Pork Spareribs
Molasses Baked Beans with Grilled Onions
Firecracker Chicken
Chicken with White Wine and Mushrooms
Beef Bourguingnon
Summer Sweet Corn w/ Tarragon Butter
Herb-Roasted Potatoes
Herb-Glazed Green Beans w/ Roast Garlic
Veracruz Style Swai w/ Cilantro Jus
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
Fish in Black Bean Sauce
Cauliflower and Broccoli
Sauteed Green Beans
Mapo Tofu
Black Pepper Beef

Soups

Clam Chowder
Hot and Sour
Creamy Carrot

TUESDAY

Menu

American Classic

Salt and Pepper Pork Chops
Basil Pesto Pasta
Spicy Cornmeal-Crusted Chicken Breast
Chicken Milanese
Ricotta-Baked Beef Lasagne
Mediterranean Grilled Eggplant and Zucchini
Sweet Potato Casserole
Cheddar Broccoli and Cauliflower
Chili Rubbed Pollock with Pineapple Salsa
Turkey
Savory Stuffing
Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Roll
Sesame Chicken
Taiwanese Rice Noodles
Wok Seared Vegetables
Pork with Broccoli
Sauteed Green Beans
Szechwan Beef
Fish in Sweet and Sour Sauce

Soups

Chipotle Sweet Potato Soup
White Turkey Chili
Egg Drop

USDA South Cafe

WEDNESDAY

Menu

American Classic

Southwestern Pork Loin with Mojo
Pesto Pasta with Sundried Tomato
Michelle's BBQ Chicken
Herb Baked Chicken Parmesan
Grilled Sirloin Steak au Poivre
Cumin-Roasted Carrots with Cilantro
Cheddar Baked Potato Au Gratin
Minted Sweet Peas with Pearl Onions
Chili-Rubbed Salmon with Corn Relish
Turkey
Savory Stuffing/ Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Roll
General Tso's Chicken
Broccoli with Walnuts
Spicy Asian Style Wings
Sauteed Green Beans
Curried Beef
Chinese Honey Ribs

Soups

Chicken Gumbo
Hot and Sour
Roasted Vegetable Soup

THURSDAY

Menu

American Classic

Slow Cooked Pork Loin w/ Balsamic BBQ
Quinoa Risotto w/ Garlic Herb Creminis
Ginger-Curried Chicken Wings
Chicken Marsala
Lee's Braised Passover Beef Brisket
Vegetable Melange
Spicy Pinto Beans
Honey Butter Glazed Carrots
Grilled Catfish Provencal w/ Lemon
Turkey
Savory Stuffing
Gravy

World Cuisine

Steamed White Rice
Vegetable "Unfried" Rice
Steamed Vegetable Dumplings
Vegetable Spring Roll
Orange Chicken
Singapore Rice Noodles
Curried Tofu
Beef with Broccoli
Sauteed Green Beans
Fish in Garlic Sauce
Pork Double Delight

Soups

Tomato Bisque
Turkey and Vegetable
Westlake Soup

Specials

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

FRIDAY

Menu

American Classic

Pulled Pork Poblano Verde
Creamy Fettuccine Alfredo
Roast Chicken Paprikash
Mediterranean Chicken Stew
Sweet and Sour Meatballs
Balsamic Roasted Vegetables
Smoky Black Beans with Bacon
Lemon Steamed Broccoli & Carrots
Poached Pollock
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
Mushrooms in Oyster Sauce
Broccoli and Walnuts
Sauteed Green Beans
Hunan Pork
Fish in Black Bean Sauce

Soups

Summer Corn Chowder
Ham and Bean
Hot and Sour

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Have a great weekend!!