USDA South Cafe

Specials

Menu for July 8th-12th
Sign up for Healthy Eating Made Simple- usda.ilcreations.com

MONDAY

Menu

American Classic

-Classic Beef Pot Roast
-Seared Tilapia w/ Ginger/Mushroom Broth
-Mac and Cheese
-Rosemary Roast Pork Loin Piccata
-Balsamic Glazed Vegetables
-Roast Chicken Putanesca
-Bratwurst w/ Apples and Sauerkraut
-Maple Glazed Sweet Potatoes
-Harvest Vegetable Medley
-Whole Wheat Pasta w/ Garlic and Herbs
-BBQ Chicken Wings

World Cuisine

-Steamed White Rice
-Vegetable "Unfried" Rice
-Brown Un-Fried Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Roll
-Vegetable Lo Mein
-General Tso's Chicken
-Black Pepper Beef
-Pork w/ Broccoli
-Green Beans
-Wok Seared Zucchini and Squash
-Fish in Black Bean Sauce

Soups

- Hot and Sour
-Carrot Ginger
-Chicken Fiesta

TUESDAY

Menu

American Classic

-Spaghetti Marinara with Meatballs
-Lime-Roasted Mahi w/ Pico de Gallo
-Spicy Grilled Chorizo with Paprika Onions
-Classic Chicken Marsala
-Ricotta and Roasted Pepper Fritatta
-Basil-Baked Ziti w/ Marinara and Sausage
-Vegetable Melange
-Minted Peas and Onion
-Indian Style Red Beans
-Curried Beef in Yogurt Sauce
-Garlic Green Beans
-Lemon Pepper Wings

World Cuisine

-Steamed White Rice
-Vegetable "Unfried" Rice
-Brown Un-Fried Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Spicy Rice Noodles
-Sesame Chicken
-Beef with Broccoli
-Double Cooked Pork
-Green Beans
-Ma Po Tofu
-Fish in Chili Sauce

Soups

-Egg Drop
-Chicken Black Bean Chili
-Potato Leek

USDA South Cafe

WEDNESDAY

Menu

American Classic

-Malaysian Beef Rendang
-Peruvian Roast Chicken
-Braised Pork w/ Apples and Onion
-Grilled Catfish Provencal w/ Lemon
-Ricotta and Roasted Pepper Fritatta
-Garlic Brussels Sprouts
-Lemon-Steamed Broccoli
-Crispy Sweet Corn Pudding
-Saffron Vegetable Paella
-Cherry Tomato Cobbler
-Buffalo Wings

World Cuisine

-Steamed White Rice
-Vegetable "Unfried" Rice
-Brown Un-Fried Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo-Mein
-Bourbon Chicken
-Spicy Meatballs
-Pork in Black Bean Sauce
-Green Beans
-Steamed Broccoli w/ Garlic and Ginger
-Fish in Garlic Sauce

Soups

-Hot and Sour
-Reduced Sodium Jambalaya
-Minestrone

THURSDAY

Menu

American Classic

-Beef Meatloaf w/ Brown Sugar Ketchup Glaze
-Southern "Fried" Chicken
-Spicy Pork Ribs w/ Jalapeno-Honey Glaze
-Oven Baked Mac and Cheese
-Seared Salmon Cakes w/ Mustard Buerre Blanc
-Roasted Vegetable Risotto
-Glazed Summer Squash w/Carrots
-Curry Roasted Cauliflower w/Cilantro
-Whole Wheat Cous-cous w/ Summer Veg

World Cuisine

-Steamed White Rice
-Vegetable "Unfried" Rice
-Brown Un-Fried Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Drunken Noodles
-Orange Chicken
-Spicy Wings
-Hunan Pork
-Green Beans
-Mushrooms in Oyster Sauce
-Goan Fish Curry

Soups

-Egg Drop
-Tomato Chicken Orzo
-Reduced Sodium 10 Vegetable

Specials

Visit the South Cafe Wednesday to learn about Healthy BBQ with our Dietitian!!

FRIDAY

Menu

American Classic

-Beef Tagine w/ Butternut Squash
-Chettinand Pepper Shrimp w/ Broccoli
-Crispy Catfish with Hush Puppies
-Rosemary Grilled Chicken w/ Lemon
-Mushroom and Butternut Squash Risotto
-Slow Cooked BBQ Pork
Molasses Baked Beans
-Summer Sweet Corn
-Chef's Special
-Turkey
-Savory Stuffing
-Gravy

World Cuisine

-Steamed White Rice
-Vegetable "Unfried" Rice
Brown Un-Fried Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Singapore Noodles
-General Tso's Chicken
-Sha Sha Beef
-Chinese Honey Pork
-Green Beans
-Vegetable Delight
-Coconut Fish

Soups

Hot and Sour
-Reduced Sodium Tuscan Chicken
-Curried Cauliflower and Chickpea

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Farmers Market Cooking Demo-
11am-1pm