USDA South Cafe

Specials

Menu for July 22nd-26th

MONDAY

Menu

American Classic

-Classic Beef Pot Roast
-Seared Tilapia w/ Ginger/Mushroom Broth
-Mac and Cheese
-Rosemary Roast Pork Loin Piccata
-Turkey Club Casserole
-Roast Chicken Putanesca
-Bratwurst w/ Apples and Sauerkraut
-Maple Glazed Sweet Potatoes
-Roast Turkey
-Stuffing
-Gravy
-Mashed Potato

World Cuisine

-White Rice
-Vegetable Un-Fried Rice
-Vegetarian Spring Roll
- Steamed Vegetable Dumpling
-Brown Un-Fried Rice
-Vegetable Lo-Mein
-General Tso's Chicken
-Black Pepper Beef
-Pork with Broccoli
-Sauteed Green Beans
-Sauteed Zucchini and Squash
-Fish in Black Bean Sauce

Soups

Hot and Sour
Cream of Chicken and Wild Rice
10 Summer Vegetable

TUESDAY

Menu

American Classic

-Southern Style Chicken Pot Pie
-Whole Roast Mahi-Mahi with Grapefruit and Tarragon
-Spanish Brown Rice
-Linguini w/ Clam Sauce
Roast Pork w/ Shitake
-Vickie's Mac and Cheese
-Summer Squash and Zucchini Casserole
-Fresh Vegetable Melange
-Herbed Green Beans with Garlic
-Turkey
-Savory Stuffing
-Gravy / Mash Potato

World Cuisine

-White Rice
-Vegetable Un-Fried Rice
-Vegetarian Spring Roll
- Steamed Vegetable Dumpling
-Brown Un-Fried Rice
-Spicy Rice Noodles
-Sesame Chicken
-Beef with Broccoli
-Double Cooked Pork
-Sauteed Green Beans
-Mushroom in Oyster Sauce
Fish in Thai Chili Sauce

Soups

Egg Drop
Loaded Potato
Vegetable Noodle

USDA South Cafe

WEDNESDAY

Menu

American Classic

-Tilapia w/ Lemon Dill Sauce
-Smothered Meatloaf w/ Onion Glaze
-Mushroom Risotto
-Chana Masala
-Sweet Corn Pudding
-Stuffed Shells w/ Cheese
-Garlic and Herb Green Beans
-BBQ Roast Chicken
-Broccoli-Cauliflower Saute
-Turkey
-Savory Stuffing/ Gravy
-Mash Potatoes

World Cuisine

-White Rice
-Vegetable Un-Fried Rice
-Vegetarian Spring Roll
- Steamed Vegetable Dumpling
-Brown Un-Fried Rice
-Vegetable Lo-Mein
-Mango Chicken
-Spicy Meat Ball
-Pork in Black Bean Sauce
-Sauteed Green Beans
-Steamed Broccoli
-Fish in Garlic Sauce

Soups

Hot and Sour
Chicken Corn Bisque
Cherry Tomato

THURSDAY

Menu

American Classic

-Roast Chicken w/ Tarragon Butter
-Classic Beef Vegetable Stew
-Cambodian Spiced Fish w/ Coconut Cream
-Cheddar Baked Potato au Gratin
-Quick Kale w/ Garlic
-Roast Brussel Sprouts w/ Garlic
-Steamed Brown Rice
-Punjab Style Cabbage
-Turkey
-Savory Stuffing
-Mash Potatoes
-Gravy

World Cuisine

-White Rice
-Vegetable Un-Fried Rice
-Vegetable Lo Mein
-Vegetarian Spring Roll
- Steamed Vegetable Dumpling
-Brown Un-Fried Rice
-Drunken Noodles
-Orange Chicken
-Thai Spicy Wings
-Hunan Pork
-Sauteed Green Beans
-Ma Po Tofu
-Crispy Fish

Soups

Lo-Mein Soup
Classic Lentil
7 Herb Bistro Chicken

Specials

Made to Order Tossed Salads at the Carving Station on Wednesday!

FRIDAY

Menu

American Classic

-Sweet-nSpicy Wings
-BBQ Pulled Pork
-Honey Glazed Carrots
-Hoisin Glazed Salmon
-Creole Style Red Beans and Rice
-Braised Greens
-Brown Rice Pilaf
-Summer Squash and Zucchini Blend
-Turkey
-Savory Stuffing
-Gravy
-Mash Potatoes

World Cuisine

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

Soups

Soup du Jour
Chicken Corn Bisque
Reduced Sodium Ten Vegetable

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Farmers Market Cooking Demonstration with our Dietitian!