USDA South Cafe

Specials

Menu for August 26th-30th

MONDAY

Menu

American Classic

-Tilapia Almondine with Lemon and Garlic
-Classic Pot Roast
-Mac and Cheese
-Rosemary Roasted Pork Loin Piccata
-Balsamic Glazed Veg
-Spicy Roast Chicken Puttenesca
-Maple Glazed Sweet Potatoes
-Brown Rice w/Scallions
-Oven Roasted Turkey
-Savory Stuffing
-Natural Reduction Gravy
-Mashed Potatoes

World Cuisine

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

Soups

- Hot and Sour
-Summer Vegetable
-Chicken Noodle with Dill

TUESDAY

Menu

American Classic

-Lime Roasted Salmon w/ Pico De Gallo
-BBQ Chicken w/ Sweet Corn Relish
-Garlic Glazed Brussels Sprouts
-Summer Squash and Carrot Saute
-Salisbury Steak w/ Mushroom Gravy
-Red Pepper and Ricotta Frittata
-Crispy Sweet Corn Fritters
-Baked Shells with Winter Squash
-Oven Roasted Turkey
-Savory Stuffing/ Gravy

World Cuisine

-Steamed White Rice
-Vegetable "Unfried" Rice
-Brown Un-Fried Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Singapore Noodle
-Sesame Chicken
-Mapo Tofu
-Chinese Honey Ribs
-Sauteed Green Beans
-Fish in Thai Chili Sauce

Soups

-Egg Drop
-Reduced Sodium Ten Vegetable
- Black Bean

USDA South Cafe

WEDNESDAY

Menu

American Classic

-Rosemary Roasted Eggplant Tian
-Beef Braciole
-Spicy Jamaican Jerk Chicken
-Tilapia w/ Lemon-Dill Butter Glaze
-Honey Glazed Carrots
-Mushroom and Squash Risotto
-Steamed Green Beans
-Pesto Penne with Sundried Tomatoes
-Oven Roasted Turkey
-Savory Stuffing
-Natural Reduction Gravy
-Mashed Potatoes

World Cuisine

-Steamed White Rice
-Vegetable "Unfried" Rice
-Brown Un-Fried Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo-Mein
-Steamed Broccoli and Cauliflower
-Bourbon Chicken
-Spicy Meatballs
-Hunan Pork
-Fish in Curry Sauce

Soups

-Hot and Sour
-Reduced Sodium Jambalaya
-Minestrone

THURSDAY

Menu

American Classic

-Chili Rubbed Salmon with Fresh Pineapple Salsa
-Slow Cooked Pork Loin with Balsamic BBQ
-Chicken Pot Pie with Biscuit Topping
-Brown Rice Pilaf with Almonds & Cranberry
-Fresh Vegetable Melange
-Lemon Steamed Broccoli with Carrots
-Whole Wheat Pasta w/ Eggplant and Tomato
-Quick Roast Kale
-Cumin Roasted Curried Cauliflower

World Cuisine

-Steamed White Rice
-Vegetable "Unfried" Rice
-Brown Un-Fried Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-General Tso's Chicken
-Black Pepper Beef
-Pork with Broccoli
-Singapore Rice Noodles
-Sauteed Green Beans
-Fish in Garlic Sauce

Soups

-Egg Drop
-Pasta E Fagioli
-Sweet Cherry Tomato

Specials

Wellness Wednesday- Stop by and get a free sample and healthy eating info from our Dietitian!!

FRIDAY

Menu

American Classic

-Ketchup Glazed Meatloaf
-Seared Swai with Tomato Glaze
-Spanish Brown Rice
-Olive Oil Roasted Pork with Mustard Glaze
-Harvest Vegetables
-Herb and Garlic Green Beans
-Vegetarian Summer Frittata
-Steamed Carrots with Red Onions and Herbs
-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
-Vegetable Lo-Mein
-Orange Chicken
-Beef with Broccoli
-BBQ Pork
-Sauteed Green Beans
-Vegetable Delight
-Fish in Szchuan Sauce

Soups

-Hot and Sour
-Chicken Pot Pie Soup
-Vegetarian Split Pea

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Have a great weekend!!