USDA South Cafe

Specials

Menu for October 21st - 25th

MONDAY

Menu

American Classic

-Oven Roast Turkey
-Stuffing / Gravy / Mashed Potatoes
-Classic Beef Pot Roast
-Seared Tilapia w/ Ginger / Mushroom Broth
-Mac and Cheese
-Roast Pork Loin Picatta
-Turkey Casserole
-Chicken Puttanesca
-Maple Glazed Sweet Potatoes
-Brown Rice w/ Scallions
-Vegetable Melange
-Cumin Glazed Corn

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Steamed Fish in Black Bean Sauce
-General Tso's Chicken
-Kung Pao Pork
-Beef and Broccoli
-Spicy Noodles
-Green Beans
-Squash and Zucchini

Soups

-Egg Drop
-Beef Vegetable
-Potato Leek

TUESDAY

Menu

American Classic

-Oven Roast Turkey
-Stuffing / Gravy / Mashed Potatoes
-Spaghetti w/Meatballs
-Lime Roasted Salmon w/ Pico de Gallo
-Chicken Marsala
-Vegetable Melange
-Minted Peas and Pearl Onions
-Spicy Indian Style Red Beans
-Quinoa and Summer Vegetables
-Chili Rubbed Sweet Potatoes
-Bratwurst w/ Apples and Sauerkraut
-Eggplant Involtini

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Steamed Szechuan Fish
-Sesame Chicken
-Pork in Black Bean Sauce
-Vegetable Lo Mein
-Mapo Tofu
-Steamed Broccoli

Soups

-Hot and Sour
-Broccoli Cheddar
-Summer Vegetable

USDA South Cafe

WEDNESDAY

Menu

American Classic

-Oven Roast Turkey
-Red Bliss Mashed Potatoes
-Savory Stuffing / Gravy
-Malaysian Beef Rendang
-Peruvian Roast Chicken
-Braised Pork w/ Apples
-Ricotta and Roasted Pepper Fritatta
-Lemon Steamed Broccoli
-Garlic-Glazed Brussels Sprouts
-Grilled Catfish Provencal
-Summer Corn Pudding
-Squash and Carrots

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Steamed Fish in Garlic Sauce
-Jing Do Chicken
-Spicy Meatballs
-Pork with Broccoli
-Singapore Noodles
-Green Beans
-Mushrooms in Oyster Sauce

Soups

-Chicken Noodle
-Minestrone
-Beef Chili

THURSDAY

Menu

American Classic

-Oven Roast Turkey
-Red Bliss Mashed Potatoes
-Savory Stuffing / Gravy
-Beef Meatloaf w/ Brown Sugar and Ketchup Glaze
-Oven Baked Chicken
-Seared Salmon Cakes
-Roasted Vegetable Paella
-Sweet Potatoes w/ Caramelized Onions & Guajillo Chili Dressing
-Glazed Summer Squash and Carrots
-Mac and Cheese
-BBQ Pork
-Eggplant Zucchini and Tomato Tian

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Hot and Sour Salmon w/ Greens
-General Tso's Chicken
-BBQ Ribs
-Hunan Beef
-Drunken Noodles
-Curried Tofu
-Sauteed Cabbage

Soups

-Hot and Sour
-Tomato Florentine
-Carrot, Sweet Potato, and Ginger

Specials

Celebrate Food Day with us on Thursday! We will be featuring delicious seasonal menu items!

FRIDAY

Menu

American Classic

-Oven Roast Turkey
-Red Bliss Mashed Potatoes
-Savory Stuffing / Gravy
-Slow Cooked Pork Loin
-Beef Tagine w/ Butternut Squash
-Chettinad Pepper Shrimp w/ Broccoli
-Rosemary Grilled Chicken w/ Lemon
-Spicy Buffalo Wings
-Molasses Baked Beans
-Summer Corn w/ Tarragon Butter
-Balsamic Roasted Vegetables
-Buttered Egg Noodles

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Steamed Fish in Curry Sauce
-Orange Chicken
-Twice-Cooked Pork
-Black Pepper Beef
-Vegetable Lo Mein
-Green Beans
Vegetable Delight

Soups

-Egg Drop
-Italian Wedding
-Chicken Tortilla

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Visit our dietitian at the USDA Farmer's Market on Friday 11am-1pm!