# USDA South Cafe

## Specials

Menu for Oct 28th-Nov 1st
Tuesday is National Oatmeal Day!

## MONDAY

### Menu

#### American Classic

-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Crunch-Baked Dill Swai
-Baked Shells with Winter Squash
-Braised Pork with Apples and Onions
-Ancho-Rubbed Skirt Steak with Warm Corn and Black Beans
-Tandoori Chicken
-Lemon Steamed Broccoli
-Brown Rice Pilaf
-Maple Glazed Sweet Potatoes
-Roasted Beets

#### World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Fish in Garlic Sauce
-Black Pepper Beef
-Hunan Pork
-Sauteed Green Beans
-Vegetable Lo Mein
-Sauteed Squash and Zucchini

### Soups

-Egg Drop
-Minestrone

## TUESDAY

### Menu

#### American Classic

-Oven Roast Turkey
-Stuffing and Gravy -
Mashed Potatoes
-Vera Cruz Style Swai with Cilantro Jus
-Orecchiette Pasta with Broccoli and Goat Cheese
-Jerk Pork
-Cheddar Baked Beef Stroganoff
-Rotisserie Roasted Chicken
-Punjabi-Style Cabbage
-Roasted Root Vegetables
-Cilantro Cranberry Quinoa
-Steamed Sweet Corn

#### World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Szechuan Fish
-Beef with Broccoli
-Hot and Spicy Hunan Chicken
-BBQ Honey Pork
-Sauteed Green Beans
-Singapore Rice Noodles
-Sauteed Cabbage and Carrots

### Soups

-Hot and Sour
-Curry Chicken and Rice

# USDA South Cafe

## WEDNESDAY

### Menu

**American Classic**

-Oven Roast Turkey
-Mashed Potatoes
-Stuffing and Gravy
-Oven Fried Fish
-Smothered Meatloaf
-Mushroom Risotto
-Chana Masala
-Sweet Corn Pudding
-Stuffed Shells with Cheese
-Garlic and Herb Green Beans
-BBQ Roasted Chicken
-Broccoli and Cauliflower Saute

**World Cuisine**

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Fish in Black Bean Sauce
-Spicy Hot Meatballs
-Bourbon Chicken
-Pork with Broccoli
-Sauteed Green Beans
-Shanghai Spicy Lo Mein
-Vegetable Delight

### Soups

-Egg Drop
-Ham and Bean

## THURSDAY

### Menu

**American Classic**

-Oven Roast Turkey
-Mashed Potatoes
-Stuffing and Gravy
-Lemon Tilapia Almondine
-Rosemary Roasted Pork Loin
-Spaghetti & Meatballs
-Classic Beef Stew with Carrots and Mushrooms
-Artichoke and Sun-Dried Tomato Chicken
-Fresh Vegetable Melange
-Quick Kale with Roasted Garlic
-Brown Rice Pilaf
-Steamed Sweet Corn

**World Cuisine**

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Fish in Curry Sauce
-Hunan Beef
-Kung Pao Chicken
-BBQ Ribs
-Mapo Tofu
-Singapore Rice Noodles
-Sauteed Cabbage and Carrots

### Soups

-Hot and Sour
-Beef and Barley

## Specials

Visit our dietitian for Wellness Wednesday 11:30am-1pm!

FRIDAY

## Menu

### American Classic

-Oven Roast Turkey
-Red Bliss Mashed Potatoes
-Savory Stuffing / Gravy
-Lemon Baked Cod with Leeks
-Fall Vegetable Curry
-Cherry Balsamic Glazed Pork Chops
-Classic Chicken Marsala
-Steamed Broccoli
-Minted Peas with Pearl Onions
-Parsley Buttered Noodles
-Warm Dijon Potato Salad

### World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Fish in Thai Hot and Sweet Sauce
-Beef with Broccoli
-Chicken in Hot Black Pepper Sauce
-Twice Cooked Pork
-Sauteed Green Beans
-Vegetable Lo Mein
-Tofu with Vegetables

## Soups

-Egg Drop
-Cubano Black Bean

SATURDAY/SUNDAY

Have A Great Weekend!

# USDA South Cafe

## Specials

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