USDA South Cafe

Specials

Menu for November 18th-22nd
Join us on Tuesday 11:30am-1pm for free pie samples!

MONDAY

Menu

American Classic

-Tex-Mex Theme Bar
-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Mac and Cheese
-Indian Spiced Roast Beef
-Braised Pork with Apples and Onions
-Crunch-Baked Swai
-Artichoke and Sun-Dried Tomato Chicken
-Lemon Steamed Broccoli
-Steamed Collard Greens
-Brown Rice Pilaf
-Garlic Glazed Brussels Sprouts

World Cuisine

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

Soups

-Egg Drop
-Creamy Tomato
-Chicken and Rice

TUESDAY

Menu

American Classic

-Indian Theme Bar
Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Mac and Cheese
-Vegetable Melange
-Roasted Corned Beef
-Roasted Vegetable Quinoa
-Memphis-Pulled Chicken
-Lemon Piccata Fish
-Caramel Apple Roasted Pork Loin
-Steamed Cabbage
-Garlicky Steamed Spinach
-Wild Rice with Cranberries

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Singapore Rice Noodles
-Hunan Chicken
-BBQ Pork
-Beef with Broccoli
-Sauteed Cabbage and Carrots
-Fish in Garlic Sauce

Soups

-Hot and Sour
-Tomato with Garden Vegetables
-Hearty Beef Chili

USDA South Cafe

WEDNESDAY

Menu

American Classic

-Chicken Wing Theme Bar
-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Mac and Cheese
-Vegetable Melange
-Southern-Style Chicken Pot Pie
-Roasted Vegetable Frittata
-Salisbury Steak
-Cola-Glazed Ham
-Steamed Green Beans
-Sweet Potato Casserole
-Rice Pilaf
-Steamed Cauliflower

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Asian Rice Noodle
-Honey Chicken
-Spicy Meatballs
-Hunan Beef
-Vegetable Delight
-Fish in Thai Chili Sauce

Soups

-Egg Drop
-Black Bean
-BBQ Pulled Chicken

THURSDAY

Menu

American Classic

-Tex-Mex Theme Bar
-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Mac and Cheese
-Vegetable Melange
-Eggplant Pomodoro Pasta
-Pork Loin with Spiced Chutney
-Turkey Meatloaf with Brown Sugar Ketchup Glaze
-Tuscan-Style Roast Beef
-Winter Squash Pot Pie with White Beans and Greens
-Steamed Collard Greens

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Singapore Rice Noodles
-General Tso's Chicken
-BBQ Ribs
-Beef with Broccoli
-Sauteed Green Beans
-Fish in Black Bean Sauce

Soups

-Hot and Sour
-Butternut Squash
-Chicken, Okra, and Tomato Gumbo

Specials

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

FRIDAY

Menu

American Classic

-Chicken Wing Theme Bar
-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Mac and Cheese
-Vegetable Melange
-Whole Wheat Pasta with Mushrooms, Arugula & Parmesan
-BBQ Salmon
-Peruvian Chicken
-Ancho-Rubbed Beef Skirt Steak with Pepper Relish
-Roasted Squash
-Steamed Collards
-Steamed Corn

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Drunken Noodles
-Kung Pao Chicken
-Hunan Pork
-Pepper Steak
-Mapo Tofu
-Fish in Curry Sauce

Soups

-Egg Drop
-Tomato Basil
-Tarragon Roast Turkey with Rice

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Visit our dietitian at the USDA Farmer's Market 11:30am-1pm on Friday! It's the last of the season!