USDA South Cafe

Specials

Menu for November 4th-8th

MONDAY

Menu

American Classic

-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Bacon Mac and Cheese
-Garlic Rosemary Potatoes
-Black-Eyed Peas
-Steamed Collard Greens
-Vegetable Melange
-Peruvian Roasted Chicken
-Tilapia with Cornbread Stuffing
-Pasta Carbonara
-Honey-Roasted Pork loin w/white bean ragu
-Brown Rice Pilaf

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Taiwanese Noodle
-Fish in Black Bean Sauce
-Sesame Chicken
-Beef with Broccoli
-Szechuan Pork
-Sauteed Zucchini and Squash

Soups

-Egg Drop
-Minestrone
-Chicken Noodle

TUESDAY

Menu

American Classic

-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Bourbon-Glazed Salmon w/ Lemon Couscous
-Parmesan Chicken
-Beef Pot Roast
-Crustless Quiche with Caramelized Onions and Blue Cheese
-Steamed Green Beans
-BBQ Baked Beans
-Bacon Roasted Brussels Sprouts
-Spanish Style Jasmine Rice
-Roasted Potatoes

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Asian Noodles
-Coconut Fish
-Kung Pao Chicken
-Beef in Black Bean Sauce
-Pork Chop with Lemongrass
-Mapo Tofu

Soups

-Chicken and Barley
-Broccoli Cheddar
-Hot and Sour

USDA South Cafe

WEDNESDAY

Menu

American Classic

-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Classic Beef Meatloaf
-Baked Mahi Mahi w/ Pineapple Salsa
-Rosemary Roasted Pork Loin
-Fall Vegetable Curry
-Steamed Cauliflower and Broccoli
-Steamed Corn
-Seafood Pasta

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Singapore Noodles
-Fish in Garlic Sauce
-Bourbon Chicken
-Spicy Meatballs
-Pork with Broccoli
-Sauteed Green Beans

Soups

-Egg Drop
-Ham and Bean

THURSDAY

Menu

American Classic

-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Salisbury Steak
-Winter Roasted Vegetables
-Rotisserie Chicken
-Vegetable Lasagna
-Cherry Balsamic Glazed Pork
-Rotini and Rocket Pasta
-Braised Pork with Apples and Onions
-Sage Cornbread Stuffing

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Drunken Noodles
-Fish in Thai Sweet Chili Sauce
-General Tso's Chicken
-Black Pepper Beef
-BBQ Pork
-Sauteed Cabbage

Soups

-Hot and Sour
-Beef and Barley

Specials

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

FRIDAY

Menu

American Classic

-Oven Roast Turkey
-Stuffing and Gravy
-Mashed Potatoes
-Crispy Tilapia w/Hush
-Braised Pork Carnitas
-Roast Beef with Au Jus
-Citrus-Poached White Fish
-Tofu Scramble
-Baked Ziti
-Roasted Beets
-Greek-Style Green Beans
-Vegetable Melange

World Cuisine

-Steamed White Rice
-Vegetable Fried Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumplings
-Vegetable Spring Rolls
-Vegetable Lo Mein
-Spicy Rice Noodles
-Curry Fish
-Orange Chicken
-Beef with Green Beans
-Basil Pork
-Vegetable Delight

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!