USDA South Cafe

Specials

Menu for 9/16 - 9/20

MONDAY

Menu

American Classic

-Oven Roast Turkey
-Red Bliss Mashed Potatoes
-Savory Stuffing/Gravy
-Whole Roast Mahi Mahi w/ Garlic Butter
-Beef Braciole Italiano
-Braised Pork Carnitas
-Baked Shells Gratinee w/ Butternut Squash
-Coq Au Vin
-Balsamic Roast Vegetables
-Roast Eggplant and Rosemary Tian
-Creamy Spinach and Feta Pie
-Raita Style Brown Rice

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Steamed Fish in Black Bean Sauce
-Vegetable Lo Mein
-General Tso's Chicken
-Green Beans
-Pepper Steak
-Hunan Pork
-Saute Squash and Zucchini

Soups

-Egg Drop Soup
-Black Bean
-Summer Vegetable

TUESDAY

Menu

American Classic

-Oven Roast Turkey
-Red Bliss Mashed Potatoes
-Savory Stuffing / Gravy
-Tilapia w/ Garlic-Butter Almondine
-Ricotta-Baked Beef Lasagna
-Slow Cooked Pork Spare Ribs
-Tortilla Espanola
-Buttermilk Baked Chicken
-Mac and Cheese
-Summer Squash and Carrot Saute
-Roasted Fennel, Tomato and Garlic Ragout
-Brown Rice Pilaf

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Szechuan Steamed Fish
-Singapore Noodles
-Sesame Chicken
-Mapo Tofu
-Beef and Broccoli
-Pork in Garlic Sauce
-Sauteed Cabbage

Soups

-Hot and Sour Soup
-Broccoli Cheddar
-Chicken Noodle

USDA South Cafe

Specials

WEDNESDAY

Menu

American Classic

-Seared Salmon Cakes w/ Mustard Beurre Blanc
-Peruvian Roast Chicken
-Italian Sausage and Peppers
-Orange and Cumin Beef Stew
-Whole Wheat Penne w/ Rocket and Lentils
-Lemon Steamed Broccoli
-Corn Pudding
-Oven Baked Cherry Tomato Cobbler
-Vegetable Melange
-Turkey, Mashed Potatoes,Gravy,Stuffing

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Steamed Fish in Garlic Sauce
-Spicy Lo Mein Noodle
-Bourbon Chicken
-Green Beans
-Spicy Meatball
-Pork in Black Bean Sauce
-Steamed Broccoli

Soups

-Chicken Soup
-Tomato Basil
-Beef Vegetable

THURSDAY

Menu

American Classic

-Oven Roast Turkey
-Red Bliss Mashed Potatoes
-Savory Stuffing / Gravy
-Honey - Lime Roast Pork
-Southern Fried Chicken
-Mac and Cheese
-Southwestern Turkey Meatloaf
-Seared Swai w/ Smoked Tomato Glaze
-Fall Vegetable Melange
-Roast Beets w/ Olive Oil
-Stuffed Tomatoes
-Indian Style Red Beans

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Curry Fish
-Taiwanese Noodle
-General Tso's Chicken
-Tofu in Black Bean Sauce
-Hunan Beef
-BBQ Roast Pork
-Mushrooms in Oyster Sauce

Soups

-Hot and Sour Soup
-Curried Lentil
-Cream of Mushroom

FRIDAY

Menu

American Classic

-Oven Roast Turkey
-Red Bliss Mashed Potatoes
-Savory Stuffing / Gravy
-Mojo-Marinated Pork w/ Black Beans
-BBQ Chicken w/ Corn Relish
-Salisbury Steak w/ Mushroom Gravy
-Vegetable Lasagna
-Vegetable Melange
-South Indian Vegetable Stew
-Crispy Tilapia W/ Hush Puppies
-Korean Style Red Chili Wings

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Steamed Fish in Thai Sweet Chili Sauce
-Vegetable Lo Mein
-Orange Chicken
-Green Bean
-Szechuan Beef
-Double Cooked Pork
-Vegetable Delight

Soups

-Egg Drop Soup
-Clam Chowder
-Carrot Ginger

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Visit our dietitians at the USDA Farmer's Market on Friday!