USDA South Cafe

Specials

Menu for September 23rd - 27th

MONDAY

Menu

American Classic

-Smothered Meatloaf w/ Onion Glaze
-BBQ Chicken w/ Corn Relish
-Basil Baked Ziti w/ Italian Sausage
-Spicy Lemon Pepper Catfish
-Broccoli, Cauliflower and Walnut Saute
-Creole Red Beans and Rice
-Dijon and Brown Sugar Glazed Pork Loin
-Green Beans Almondine
-Vegetable Melange
-Roast Turkey
-Red Bliss Potatoes
-Stuffing/Gravy

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Fish w/ Garlic Sauce
-Vegetable Lo Mein
-Pepper Steak
-Pork w/ Broccoli
-General Tso's Chicken
-Sauteed Squash and Zucchini
-Sauteed Green Beans

Soups

Egg Drop Soup
Clam Chowder
White Turkey Chili

TUESDAY

Menu

American Classic

-Korean Beef Bulgogi
-Southern Style Chicken and Dumpling
-Roast Salmon with Grapefruit and Tarragon
-Pork Schnitzle w/ Shittake Mushroom Cream Sauce
-Pesto Penne with Sun Dried Tomato
-Spanish Brown Rice
-Fresh Vegetable Melange
-Spanish Style Roast Eggplant
-Cubano Black Beans
-Oven Roast Turkey
-Mashed Potatoes
-Stuffing/Gravy

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Fish w/ Szechuan Sauce
-Singapore Rice Noodles
-Beef w/ Broccoli
-Black Pepper Pork
-Spicy Hot Chicken
-Sauteed Cabbage and Carrots
-Sauteed Green Beans

Soups

Hot and Sour Soup
Chicken Noodle
Maryland Crab and Vegetable

USDA South Cafe

WEDNESDAY

Menu

American Classic

-Braised Corned Beef and Cabbage
-Spicy un-Fried Chicken
-Tilapia w/ Lemon /Dill Glaze
-Smoked Bacon Mac and Cheese
-Mushroom and Butternut Rissotto
-Corn Fritters
-Steamed Vegetable Melange
-Punjabi-Style Cabbage
-Roast Pork Loin w/ Apple and Red Cabbage
-Oven Roast Turkey
-Mashed Potatoes
-Stuffing/Gravy

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Fish in Curry Sauce
-Shanghai Spicy Noodles
-Spicy Meatballs
-Hunan Pork
-Bourbon Chicken
-Vegetable Delight
-Sauteed Green Beans

Soups

Chicken Soup
Loaded Potato Soup
Chicken Tortilla

THURSDAY

Menu

American Classic

-Classic Beef Pot Roast
-Seared Fish Cakes w/ Tarragon Butter
-Coconut Fish
-Crispy Southern Baked Chicken
-Cheddar Baked Potato Gratin
-BLT Linguini w/ Parmesan
-Quick Kale w/ Roasted Garlic
-Cumin Roasted Cauliflower
-Chana Masala
-Oven Roast Turkey
-Mashed Potatoes
-Stuffing/ Gravy

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Fish with Thai Chili Sauce
-Singapore Rice Noodles
-Hunan Beef
-BBQ Honey Pork
-General Tso's Chicken
-Mapo Tofu
-Sauteed Green Beans

Soups

Egg Drop
Split Pea w/ Ham
Ranch House Chili

Specials

Join our dietitian for Wellness Wednesday on 9/25 @ 11:30am!

FRIDAY

Menu

American Classic

-Beefy Rigatoni w/ Mushrooms and Gorgonzola
-Spicy Buffalo Wings
-Crispy Tilapia
-Whole Wheat Penne w/eggplant and Tomato
-Sicilian Sweet and Sour Pork chops
-Fresh Vegetable Melange
-Honey / Butter Glazed Carrots
-Chef Special
-Oven Roast Turkey
-Mashed Potatoes
-Stuffing/ Gravy

World Cuisine

-Steamed White Rice
-Vegetable "Un-Fried" Rice
-Brown "Un-Fried" Rice
-Steamed Vegetable Dumpling
-Vegetable Spring Roll
-Fish in Black Bean Sauce
-Vegetable Lo Mein
-Beef with Black Bean Sauce
-Szechuan Pork
-Orange Chicken
-Sauteed Broccoli and Cauliflower
-Sauteed Green Beans

Soups

Egg Drop Soup
Garden Vegetable
Corn-Chicken Chowder

SATURDAY/SUNDAY

Have A Great Weekend!

USDA South Cafe

Specials

Visit our dietitian at the USDA Farmer's Market on Friday 9/27!
Have a great weekend!!