USDA Whitten

Specials

Menu for 9/16 - 9/20

MONDAY

Menu

Italian Theme

Beef Braciole Italiano
Baked Shells Granitee w/ Butternut Squash
Roast Branzino w/ Garlic/Herb Butter
Roast Eggplant w/ Rosemary
Balsamic Roast Vegetables
Creamy Spinach and Ricotta Pie

Soups

Turkey Chili

TUESDAY

Menu

Carribean Theme

Tortilla Espanola
Brown Rice Paella w/ Sherried Raisin and Almonds
Lemon Baked Tilapia
Jerked Chicken
Glazed Spare Ribs
Squash and Carrot Saute

Soups

Vegetarian Lentil

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WEDNESDAY

Menu

Central American Theme

Peruvian Roast Chicken
Orange-Cumin Beef Stew
Corn Pudding
Chili Roast Carrots
Whole Wheat Penne w/ Rocket and Lentils
Saffron Rice

Soups

Jamaican Black Bean

THURSDAY

Menu

Asian Theme

Spicy Korean Red Chili Wings
Honey-Lime Pork
Wok Seared Vegetables
Vegetable Un-Fried Rice
Panang Vegetable Curry
Singapore Noodles

Soups

Split Pea

Specials

FRIDAY

Menu

BBQ Theme

BBQ Chicken w/ Corn Relish
Mojo Pork and Black Beans
Cheddar Broccoli
Braised Greens
Hush Puppies
Steamed Corn

Soups

Reduced Sodium 10 Vegetable

SATURDAY/SUNDAY

Have A Great Weekend!

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Specials

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