I-House Dining Commons Weekly Menu  
July 9, 2018 – July 15, 2018

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**WEEKDAY BREAKFAST 7:15 - 9:30 am**
- Fruit & Yogurt Bar, Jook, *Hot Oatmeal, **Scrambled Eggs, *Breakfast Potatoes, *Tofu Scramble, Bagels, and a Variety of Breakfast Proteins and Specials
- Saturday Bastille Day Brunch

**LUNCH 11:30 am – 1:30 pm**

| Oven: Pizza, Pasta | **Pear Salad** | **Pesto Pasta** | Garlic Bok Choy | **Grill:** Grilled Korean Pork Chops | **Grilled Cheese Sandwich** | **Wok:** **All Dal Curry Stir Fried Chicken w/Black Bean sauce | **Kettle:** **Broccoli Cheddar Soup

| Oven: Pizza, Pasta | **Pear Salad** | **Taco Salad** | **Vegetarian Tostada** | **Grill:** Fish Tacos w/Cole Slaw and Yuca Fries | **Wok:** Grilled Chicken Chipotle **Coconut Curry** | **Steamed Vegetables** | **Mex Mac & Cheese (Pasta De Tallarin)** | **Kettle:** **Chicken and Sausage Gumbo Soup

| Oven: Pizza, Pasta | **Tuscan Salad** | **Greek Salad** | **Grill:** **Gobi Aloo Pastrami Sandwich** | **Tempura Green Beans** | **Wok:** **Five Spice Chicken** | **Vegetarian Udon Chef's Special** | **Kettle:** **White Bean and Baby Kale

| Oven: Pizza, Pasta | **Roasted Vegetables** | **Grill:** **Jerk Chicken** | **Green Rice** | **Fried Plantains** | **Wok:** Chef's Special **Pad Thai Noodles** | *Lamb Stew, Naan Bread** | **Kettle:** Chef's Special Soup

| Oven: Pizza, Pasta, **Grill:** Grilled Chicken Florentine | **Garlic Rapini** | **Garlic Bread** | **Risotto** | **Wok:** **Cheese Ravioli Chef's Special Seafood Pasta** | **Kettle:** **Vegan Tortilla Soup

**DINNER 5:30pm - 8 pm**

| Oven: Pizza, Pasta | **Pear Salad** | **Taco Salad** | **Glazed Carrots** | **Grill:** Sate Ayam (Thai chicken), **Steamed Vegetables, **Butter Nut and Garbanzo Stew | **Wok:** Salt and Pepper Shrimp | **Fried Rice** | **Yakisoba w/Vegetables** | **Kettle:** **Beef Barley Soup

| Oven: Pizza, Pasta, **Grill:** *Southwestern Style* | **Roasted Vegetables** | **Wok:** Seafood Stir Fry, **Jap Chae Noodles, **Steamed Vegetables **Grill:** **Quinoa Pilaf Grilled Chicken | French Bread | Corn Bread | Santa Maria Baked Beans | **Kettle:** **Chicken Tortilla Soup

| Oven: Pizza, Pasta, **Grill:** All Kale Caesar! | **Roasted Penne Pasta** | **Wok:** Seafood Stir Fry, **Sautéed Squash, Steamed Vegetables** | **Grill:** **Quinoa Pilaf** | Grilled Chicken | French Bread | Corn Bread | Chimichurri Sauce | **Kettle:** **Vegan Minestrone

| Oven: Pizza, Pasta, **Grill:** Naan Bread | **Baked Penne Pasta** | **Wok:** Seafood Stir Fry, **Jap Chae Noodles, **Steamed Vegetables **Grill:** **Quinoa Pilaf Grilled Chicken | French Bread | Corn Bread | Santa Maria Baked Beans | **Kettle:** **Chicken Tortilla Soup

| Oven: Pizza, Pasta, **Grill:** Grilled Chicken Florentine | **Garlic Rapini** | **Garlic Bread** | **Risotto** | **Wok:** **Cheese Ravioli Chef's Special Seafood Pasta** | **Kettle:** **Vegan Tortilla Soup

**WEEKEND BRUNCH 9:30 am – 1 pm**
- Fruit and Yogurt Bar, Waffle Bar, Omelet Bar, Vegan Jook, Hot Oatmeal, Breakfast Protein, Breakfast Potatoes, **Breakfast Burrito, **Vegetarian Quiche, and Daily Lunch Specials
- *Vegan**
- **Vegetarian** (contains egg and/or dairy)
- ^ Gluten-free (contains no added gluten containing ingredients). We are not a gluten-free facility, therefore we cannot eliminate the risk of cross-contamination.
- + Item may be limited to one serving per credit