



I-House Dining Commons Weekly Menu

June 18 – June 24 2018



MONDAY June 18	TUESDAY June 19	WEDNESDAY June 20	THURSDAY June 21	FRIDAY June 22	SATURDAY June 23	SUNDAY June 24
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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

WEEKEND BRUNCH

9:30 am – 1 pm

LUNCH 11:30 am – 1:30 pm

Oven: Pizza, Pasta
**Pesto Pasta
Grill: Fish and Chips
Wok: *^Pancit
Chicken Stir fry
w/Green Beans
*^Gobi Aloo
*^Roasted sprouts
Kettle: *^Carrot
Coconut Curry

Oven: Pizza, Pasta,
**Pasta Primavera
Grill: ^Green Curry
Chicken
**Grilled Cheese
sandwich
Wok: Pecan Prawns
Fried Rice
**Chef's Special
Kettle: Clam
Chowder

Oven: Pizza, Pasta
Skillet: Chicken and
Vegan, Fajitas,
*^Mexican Rice,
*^Black Beans,
*Tortillas, *^Roasted
Zucchini, Salsas
^Beef Tacos
**Nacho Bar
Kettle: *^Vegan
Tortilla

Oven: Pizza, Pasta
Grill: Grilled Korean
Chicken w/Fried Rice.
**Cheese Tortellini
Wok: ^Hamburger
French Fries.
*^Carrot, Artichoke and
Tomato Stew.
Kettle: Wonton Soup

Oven: Pizza, Pasta
Grill: Chicken
Florentine *^ Quinoa
Wok: Chef's Special
Chef's Special
**Angel hair Pasta
w/Fresh tomato Basil
*^Roasted Vegetables
Garlic Bread
Kettle: Chef's Special

Specialty Entrees will be served at 11 am

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

DINNER 6 - 8 pm

Oven: Pizza, Pasta
*^Coconut Curry
Roasted sweet Potatoes
Grill: Slow roasted
Lamb, mint Raita,
saffron Rice w/dry fruit
*^Falafel, Naan Bread
Hummus
Wok: Lemon Chicken
*Yakisoba, Broccoli
Kettle: **^Hot & Sour
Soup

Pizza and Pasta
Bibimbap Bar
Do-it –yourself
Assortment Meat
And Vegetables
served Over Rice
with Traditional
Accompaniments
**Vegetarian egg Roll
Kettle: Chicken
Wonton Soup

Oven: Pizza, Pasta,
**Veg/Lasagna
Wok: ^Lomo Saltado
*^Vegan Pad Thai
Garlic Broccolini
Grill: ^Grilled Piri Piri
Chicken, *Tacu Tacu
*^Roasted Veg.
Kettle: *^Minestrone

Oven: **Naan, Pizza
*^Gobhi Tamatar, Sabji
(Cauliflower with
tomato)
Grill: Chicken Tikka
Pita Bread
*Tempura Vegetables
Wok: ^Fish Vindaloo,
Basmati Pilaf,
**^Matar panir (pea
stew with cheese),
Kettle: Carrot Soup

Oven: Pizza, Pasta
Macaroni & Cheese
Wok: Rendang Padang
*^Coconut Rice,
*^Spring Rolls
Grilled: Grilled
Chicken w/chimichurri
*^Green Beans
*^Roasted Potatoes
Kettle: Chef's choice

Oven: Pizza, Pasta
Macaroni Salad
Grill: Norwegian Meat
Patties,
Roasted Potatoes
*^Cabbage
Wok: Orange Beef
*Rice cakes
w/Vegetables
*^Cannellini Bean Stew
Kettle: Chef's choice

Oven: Pizza, Pasta,
**Alfredo Pasta
Wok: ^Red Curry
Chicken, Udon stir fry
Grill: Cajun Catfish,
Balsamic Kale,
*^Chipotle Black
Beans, Steamed
Cauliflower
Kettle: *^Chicken Rice
soup