# I-House Dining Commons Weekly Menu
## March 21st, 2016 – March 27th, 2016

### 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
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

### LUNCH  11:30 am – 1:30 pm

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<th>MONDAY</th>
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- **WEEKDAY BREAKFAST**  7:15 - 9:30 am
- **WEEKEND BRUNCH**  9:30 am – 1 pm

- **Vegan**
- **Vegetarian**
- **Gluten-Free**

### DINNER  6 - 8 pm

- **Meatless Monday**
  - **Oven:** Pizza, Pasta, **^Arugula Salad**
  - **Grill:** *Lamb Biryani, *Naan, **Saffron Rice w/dried Fruit, Wok:** **Yakisoba noodles**
  - **Skillet:** ^Channa Masala, *Achiote Chicken
  - **Kettle:** **^Tomato Soup
- **Oven:** Pizza, Pasta, Cheese and Salami Platter
  - **Grill:** Grilled pork chops w/salad.
  - **Wok:** **Gobi Aloo, **Sweet & Sour Tofu
  - **Skillet:** BBQ Chicken Brazilian Style, *Baked Beans, **Corn bread
  - **Kettle:** **^Tomato Soup

- **Taco Bar**
  - Selection of Meats
  - Salsas
  - Vegetables
  - Tortillas
  - Albondigas Soup

- **Oven:** Pizza, Pasta, Antipasti platter
  - **Grill:** **Grilled Cheese, ^Black Beans
  - **Wok:** *Broccoli Beef, **Vegan Fried Rice
  - **Skillet:** Teriyaki Chicken
  - **Kettle:** French onion soup.

- **Brunch Only** 9:30am – 1pm
  - **Caesar Chavez Day**
  - Fruit and Yogurt Bar, Waffle Bar, Omelet Bar, Vegan Jook, Hot Oatmeal, Breakfast Protein, Breakfast Potatoes, **Breakfast Burrito, **Vegetarian Quiche, and Daily Lunch Special (11am)

- **Oven:** Pizza, Pasta, *Pasta, **Macaroni & cheese Platter
  - **Grill:** Chicken Tandoori, **Rice, **^Borani Kadu
  - **Wok:** Twice cooked pork, *spring rolls, *Gai Choy w/ Shiitakes
  - **Skillet:** *Beef Meatloaf, **Mashed Potatoes, **Wild Rice Pilaf, **Roasted Brussels Sprouts
  - **Kettle:** *Minestrone

- **Oven:** Pizza, *Pasta, **Potato & olive salad
  - **Grill:** Blackened Fish with Tropical Salsa, **Quinoa w/ Roasted Corn & Asparagus
  - **Wok:** Chicken Chow Mein, **Spicy Thai Eggplant
  - **Skillet:** Beef Stroganoff, **Roasted vegetables.
  - **Kettle:** ^Lentil Soup

- **Oven:** Pizza, *Pasta, **Grilled vegetable Salad with **^Pesto
  - **Grill:** **Nacho Bar, *Beef Fajitas
  - **Wok:** *San Beigi, **Sweet and Sour Tofu, **^Herb Roasted Chicken, **Steamed Carrots, **black-eyed peas, **Roasted Potatoes
  - **Kettle:** **Miso Soup

- **No Dinner Service**
  - **Caesar Chavez Day**

- **Oven:** Pizza, Pasta, Salami and Cheese
  - **Grill:** Sole Meniere, **French Lentils, **^Roasted root veg.
  - **Wok:** *Bean thread noodles w/pork, **Steam Tofu & Veg.
  - **Skillet:** Roasted Turkey Breast, **Cranberry Sauce, **Green Beans
  - **Kettle:** *Minestrone

- **Oven:** Pizza, Pasta, Roasted Mussels
  - **Grill:** Bulgogi: *Pork or *Tempeh, Korean Garnishes
  - **Wok:** *Spicy Chicken and Prawns, **Steam Tofu & VEG.
  - **Skillet:** Moroccan Chicken, *Cous Cous, **Moroccan Veg. Stew
  - **Kettle:** Wonton Soup
# I-House Dining Commons Weekly Menu

**March 21<sup>st</sup>, 2016 – March 27<sup>th</sup>, 2016**

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<td><strong>LUNCH</strong> 11:30 am – 1:30 pm</td>
<td><strong>Oven:</strong> Pizza, Pasta, Cheese and Salami Platter&lt;br&gt;<strong>Grill:</strong> Grilled pork chops w/salsa, Roasted potatoes&lt;br&gt;<strong>Wok:</strong> <strong>^Gobi Aloo</strong>, <strong>Sweet &amp; Sour Tofu</strong>&lt;br&gt;<strong>Skillet:</strong> BBQ Chicken&lt;br&gt;<strong>Kettle:</strong> <strong>^Tomato Soup</strong></td>
<td><strong>Taco Bar</strong>&lt;br&gt;<strong>Selection of Meats</strong>&lt;br&gt;<strong>Salsas</strong>&lt;br&gt;<strong>Vegetables</strong>&lt;br&gt;<strong>Tortillas</strong>&lt;br&gt;<strong>Albondigas Soup</strong></td>
<td><strong>Oven:</strong> Pizza, Pasta, Antipasti platter&lt;br&gt;<strong>Grill:</strong> *<em>Grilled Cheese Sandwich, <em>Coconut Curry</em></em>&lt;br&gt;<strong>Wok:</strong> *<em>Broccoli Beef, <em>Vegan Fried Rice</em></em>&lt;br&gt;<strong>Skillet:</strong> <strong>Y teriyaki Chicken</strong>&lt;br&gt;<strong>Kettle:</strong> French onion soup.</td>
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<td><strong>Brunch Only 9:30am – 1pm Caesar Chavez Day</strong></td>
<td><strong>Oven:</strong> Pizza, Pasta, Roasted Mussels&lt;br&gt;<strong>Grill:</strong> Bulgogi: *Pork or *Tempeh, Korean Garnishes&lt;br&gt;<strong>Wok:</strong> *Spicy Chicken and Prawns, **Steamed Veg.&lt;br&gt;<strong>Skillet:</strong> *Moroccan Chicken, **Cous Cous, **Moroccan Veg. Stew&lt;br&gt;<strong>Kettle:</strong> Wonton Soup</td>
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