# I-House Dining Commons Weekly Menu
**April 30th, 2018 – May 6th, 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

## LUNCH 11:30 am – 1:30 pm

| Oven: Pizza, Pasta Tuscan Salad | Oven: Pizza, Pasta **Napa Salad** **Cheese Tortellini** **Ranch Rolls** Grill: Moroccan Chicken Stew **Saffron Rice** Skillet: **Gobi Aloo** **Roasted Veggies** Wok: Fish Tacos **French Fries** Kettle: *Minestrone* | Ramen Bar **Soy Broth** **Miso** **Ramen Noodles** BBQ Pork Chicken Karaage, **Fried Tofu** **Poached Eggs** **Ginger Fried Rice** **Eggplant Curry** | Oven: Pizza, Pasta Greek Salad Chicken Lasagna Grill: *Grilled Sausages, **Tempura Green Beans Wok: Fried Rice **Walnut Prawns** **Spicy Eggplant, **Steamed Greens Kettle: *Coconut Corn Chowder* | Oven: Pizza, Pasta **Potato Salad** **Cole Slaw** Mac n’ Cheese Grill: BBQ Pork Ribs, Mac n’ Cheese Wok: Chef Special **Chickpea & Cauliflower Curry, **Baked Beans **Corn Kettle: Chef’s Special* |

## DINNER 5:30 pm - 8 pm

| Oven: Pizza, Pasta, **Cheese Ravioli** **Roasted Potatoes** Grill: *Spice Rubbed Flat Steak with Tzatziki, **Orzo Pilaf** **Curry Stew** Wok: General Tso’s Chicken, **Zucchini Kuku** **Fried Rice** **Snap Peas** Kettle: | Oven: Pizza, Pasta, **Bow Tie Pasta with With Sundried Tomato** **Roasted Vegetables** Grilled: *Cajun Catfish** **Steak Fries** **Garlic Fried Rice** Wok: Beef Stir Fry w/Green Beans **Garlic Eggplant** **Rice Cakes** **Quinoa** Kettle: **Yellow Split Pea** | Oven: Pizza, Pasta, Grill: Grille Pork Chops w/Apricot Glaze, Quinoa Pilaf Wok: Garlic Chinese Broccoli Chicken Teriyaki Skillet: All Dal Curry, roasted mushrooms and sprouts Kettle: **Smoked Turkey & Green Pea** | Oven: Pizza, Pasta, Grill: Cajun Fish w/ Tropical Salsa, **Patatas Bravas Chana Masala Wok: Beef Chowmein, **Stir-fried vegetables Skillet: Herb-rubbed roasted Chicken Kettle: Egg Flower** | Oven: Pizza, Pasta Pepperoni Lasagna Grill: *Spice Rubbed Leg Of Lamb w/Tzatziki ***Rice Pilaf*** **Red Beans and Sweet Potato Stew** **Roasted Vegetables Wok: Chicken Souvlaki **Sweet & Sour Tofu** **Broccoli Kettle: Chicken Soup* | Oven: Pizza, Pasta Churros, Tostadas Vegan & Vegetarian Nacho Bar Wok: *Ddukbokgi (spicy rice cake with fish), **Kimchi Fried Rice, **Stamed Veg. Skillet: *Roasted Chicken, **Veggie frittata Kettle: *Veggie Barley |

| Oven: Pizza, Pasta Grill: *BBQ Beef Tri-Tip** **Mushed potatoes Wok: *Dduk bobgi (spicy rice cake with fish), **Kimchi Fried Rice, **Stamed Veg. Skillet: *Roasted Chicken, **Veggie frittata Kettle: *Veggie Barley |

## WEEKEND BRUNCH 9:30 am – 1 pm
Specialty Entrees will be served at 11 am
Fruit and Yogurt Bar, Waffle Bar, Omelette 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

*Item may be limited to one serving per credit

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If the menu contains any items that may cause allergic reactions (e.g., gluten, nuts), note them accordingly. The menu also highlights vegan and vegetarian options, ensuring a diverse and inclusive dining experience. The daily specials are listed, providing variety and excitement for each meal. The menu also includes a weekend brunch offering, which is a special treat for guests. The gluten-free option is noted, acknowledging the dietary needs of patients. The menu is easy to read and navigate, with clear section headers for breakfast, lunch, and dinner.