



I-House Dining Commons Weekly Menu

September 18th, 2017 – September 24th, 2017



MONDAY September 18	TUESDAY September 19	WEDNESDAY September 20	THURSDAY September 21	FRIDAY September 22	SATURDAY September 23	SUNDAY September 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
Grill: Grilled Lamb
Wok: ^Prawns & Vegetables Stir Fry,
Skillet: **Saffron Rice w/Dry Fruit, ^*Gobi Aloo
Kettle: Chicken Noodle Soup

Oven: Pizza, Pasta
Wok: ^Teriyaki Chicken, ^*Edamame and Tofu Stir-fry
Skillet: Beef Lasagna, **Garlic Bread, ^*Vegan Curry

Kettle: **Cream of Broccoli

Vegetarian Lunch
 Pizza, Pasta
 **Greek Salad
 ^*Pasta Salad
 **Macaroni and Cheese
 *Spring Rolls
 ^*Bell Peppers with Chick Pea Flour
 ^*Dal Makhani
 *Sweet and Sour
 Vegan Shrimp
 ^*Snap Peas

Oven: Pizza, Pasta
Grill: Grilled Chicken w/Balsamic tomatoes sauce, ^*Quinoa Pilaf
Wok: Seafood Stir-fry, *Udon Noodles
Skillet: Chef Special
Kettle: Gazpacho Ajo Blanco

Oven: Pizza, Pasta
Grill: Fish & Chips
Wok: *Tortellini, Steamed Vegetables,
Skillet: Chicken and Sausages Creole, Fresh Rolls
Kettle: Chef's Special

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

DINNER 6 - 8 pm

Oven: Pizza, Pasta,
Grill: ^BBQ Chicken, ^*Roasted butternut Squash
Wok: ^*Pork loin
 **^Veg. Fried Rice,
 *Spring Rolls
Skillet: **^Saag Paneer, ^*Channa Masala
Kettle: ^*White Bean Soup

Oven: Pizza, Pasta,
 Challah with Honey
Grill: Steamed Fish Cakes, ^*Tabbouli
Wok: **^Stir-fried Brussels Sprouts w/ Mushrooms,
Skillet: ^Brisket with Plum and Red Wine, ^*Carrots w/ pomegranate
Kettle: **Vegetarian Matzo Ball

Oven: Pizza, Pasta,
Grill: ^*Fried Plantains, ^Jerk Chicken
Wok: Beef Yakisoba, steamed dumplings
Skillet: **Eggplant Parmesan, Lentil Curry,
 ^*Succotash
Kettle: ^Corn Crab Soup

Oven: Pizza, Pasta
Wok: Korean-Style Fried Chicken, ^*Spicy Yam Noodle w/ Veg. (Japchae)
Skillet: ^*Tilapia with Tomatoes and Olives, ^*Butternut Squash, *Cous Cous
Kettle: ^*Three Bean Chili

Oven: Pizza, Pasta,
Wok: Veggie Chow Mein, ^Steak Ranchero, Black Beans
Skillet: Aji de Gallina, ^*Quinoa Pilaf, ^*Charred Corn and Peppers
Kettle: Seafood Soup

Oven: Pizza, Pasta,
Grill: Cuban pork loin sandwich, ^*Roasted Sweet Potatoes
Wok: Chicken Scampi, ^*Steamed Tofu w/ Vegetables, ^*Broccoli
Kettle: ^*Coconut Corn Chowder

Oven: Pizza, Pasta
Grill: Hot Dogs and ^*French Fries
Wok: ^*Pad Prik Khing, ^*Jasmine Rice,
Skillet: ^*Mushroom Cassoulet, ^*Steamed Vegetables
Kettle: *Cream of Asparagus