# I-House Dining Commons Weekly Menu
## April 29th – May 5th, 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>April 29</strong></td>
<td><strong>April 30</strong></td>
<td><strong>May 1</strong></td>
<td><strong>May 2</strong></td>
<td><strong>May 3</strong></td>
<td><strong>May 4</strong></td>
<td><strong>May 5</strong></td>
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### WEEKDAY BREAKFAST  7:15 am - 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 – 1:00 pm
Specially Entrees will be served at 11 am
Fruit and Yogurt Bar, Waffle Bar, Omelets 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

### LUNCH  11:30 am – 1:30 pm

| Oven: Pizza, Pasta, **Baked Penne w/Goat Cheese
Salad: **Potato Salad
Herbivore: **Coconut Curry with Chickpeas and Cauliflower
Grill: **Pad Thai
Achiote Chicken
Wok: **Broccoli Seafood Stir Fry
^Green Rice
Kettle: Chicken Wonton Soup |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Oven: Pizza, Pasta
Salad: Mexican Caesar Salad
Herbivore: **Vegan Tofu Fajitas
Wok: Pork Carnitas
**Mexican Rice
**Pinto Beans
**Nacho Bar
^Beef Taco
Grill: *Chicken Fajitas
Baja Prawn Tacos
^Taco Shells
**Flour Tortillas
Kettle: *Pork Pozole |
| Oven: Pizza, Pasta
Salad: *Greek Salad
Herbivore: *Falafel,
**Hummus, **Pita Bread, **Zatziki
Wok: Fried Fish
**French Fries
**Pasta w/Sundried Tomato and Feta
Grill: Chicken Souvlaki
**Broccoli
Kettle: Chef Special |
| Oven: Pizza, Pasta
Salad: Caesar Salad
**Baked Pasta
Herbivore: 
**Dal Makhani
Grill: Grilled Chicken
w/Peanut Sauce
**Roasted Vegetables
Wok: *Vegan Pancit
*Orange Beef
**Garlic Stir Fry
**Cabbage
Kettle: **Miso Soup |
| Oven: Pizza, Pasta
Salad: **Kale and Berries w/Gorgonzola
Herbivore: 
**Matar Panir
Grill: BBQ Ribs
**Mashed Potatoes
Wok: BBQ Chicken
**Corn Bread Muffins
*Baked Beans
**Mac & Cheese
Chef’s Special
Kettle: **Bahian Seafood |

### DINNER  5:30 pm – 8:00 pm

| Oven: Pizza, Pasta
**MTO Tortellini
Herbivore: **Hawaiian Tofu Stir Fry
Grill: *Lomo Saltado
**Pineapple Fried Rice
Wok: Nashville Hot Fried Chicken
**Roasted Potatoes
**Broccoli
Kettle: Chicken Soup with Rice |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Oven: Pizza, Pasta
**Pesto Pasta
Herbivore: **Garbanzo and Kale Stew
Grill: *Grilled Tandoori Chicken
**Naan Bread
^Raita
Wok: *Walnut Prawns
**Fried Rice
**Snap Peas
Kettle: New England Clam Chowder |
| Oven: Pizza, Pasta
**Veggie Lasagna
Herbivore: **Coconut Curry
Grill: *Grilled Steak with Chimichurri Sauce
**Mac and Cheese
Wok: Teriyaki Chicken
**Vegetable Stir Fry
Kettle: Broccoli Cheddar |
| Oven: Pizza, Pasta
Chef’s Salad
Herbivore: 
**Lentil Stew
Grill: *Grilled Salmon w/Mango Glaze
**Roast Vegetables
**Saffron Risotto
Wok: *Bok Choy Stir Fry Chicken
w/Spicy Thai Sauce
**Ginger Fried Rice
Kettle: **Cream of Mushroom |
| Oven: Pizza, Pasta
Salad: **Kale and Berries w/Gorgonzola
Herbivore: 
**Matar Panir
Grill: BBQ Ribs
**Mashed Potatoes
Wok: BBQ Chicken
**Corn Bread Muffins
*Baked Beans
**Mac & Cheese
Chef’s Special
Kettle: **Bahian Seafood |
| Oven: Pizza, Pasta
Caesar Salad
Herbivore: 
**Stewed Okra
Grill: CHEF SPECIAL
Wok: Beef Meat Loaf
**Mashed Potatoes
**Steamed Broccoli
Kettle: **Hot and Sour Soup |