



# I-House Dining Commons Weekly Menu

## April 23rd – April 29<sup>th</sup>, 2018



MONDAY April 23	TUESDAY April 24	WEDNESDAY April 25	THURSDAY April 26	FRIDAY April 27	SATURDAY April 28	SUNDAY April 29
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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

Specialty 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  
**Grill:** ^Piri Piri Chicken, ^Rice and Lentil, ^Okra Stew  
**Wok:** ^Steak Ranchero, ^Sweet & Sour Tofu  
\*^Steamed Broccoli  
**Kettle:** \*\*^Cream of tomato soup

**Oven:** Pizza, Pasta  
\*\* Pesto Pasta  
**Wok:** \*Udon Noodles  
^Seafood Stir Fry  
**Skillet:** Feijoa - Brazilian Pork Stew.  
\*^Gobi Aloo  
^Grilled Chicken  
**Kettle:** ^Bahian Seafood Soup

**Oven:** Pizza, Pasta  
\*\*Baked Pasta  
**Grill:**\*^Chicken Dijon,  
\*^Wild Rice Pilaf  
**Skillet:** \*^Roasted Vegetables  
\*^Cabbage,  
**Wok:** Beef Burger  
Vegetarian Burger  
\*^Fries  
**Kettle:** \*^Miso Soup

**Deli Sandwich Bar**  
  
Enjoy an assortment of Deli Meats, Cheeses, Spreads, Hearty soups, and Artisan Breads and Rolls.  
  
Caesar Salad  
\*\*Pasta Salad

**Oven:** Pizza, Pasta  
**Grill:** Prawn Tacos w/\*\*^Cole Slaw  
**Skillet:** ^Chef's Special  
\*^Roasted Carrots  
**Wok:** ^Lentil Stew  
\*\*Angel Hair Pasta w/Tomato Basil Sauce  
**Kettle:** \*^Seafood Soup

### DINNER 5:30 pm – 8:00 pm

**Oven:** Pizza, Pasta  
\*\*Cheese Ravioli  
\*^Roasted Herb Potatoes  
**Grill:** ^Roasted Herb Lamb w/Dried Fruit Sauce  
\*^Roasted Vegetables  
\*^Quinoa, \*Pita Bread  
**Wok:** \*Somosas  
^Chicken Karahi  
\*^Dal Curry  
**Kettle:** New England Clam Chowder

**Oven:** Pizza, \*\*Pasta  
\*Fattoush Salad  
\*^Roasted Mushrooms and Squash  
**Grill:** ^Curry Chicken  
\*^Vegetable Tagine  
\*\*Naan Bread  
**Wok:** ^Sweet & Sour Pork \*^Fried Rice  
\*^Broccoli  
**Kettle:** Soup of the Day

**Japanese Dinner**  
  
Miso Glazed Black Cod  
Japanese Beef Curry  
Chicken Katsu  
Assorted Nigiri  
Tuna, Salmon, Eel  
Tempura Vegetables  
Udon Soup  
Mochi

**Oven:** Pizza, Pasta  
\*\*Veggie Lasagna  
\*\*Garlic Bread  
**Grill:** Grilled Chicken Florentine  
\*^Coconut Curry  
**Wok:** ^Spiced Tilapia with Mint Chutney  
\*^Eggplant w/Garlic Sauce  
\*^Sugar Peas  
**Kettle:** Sweet Potato

**Oven:** Pizza, Pasta  
\*\*Cheese Tortellini  
\*Vegan Pasta  
**Grill:** Roasted Sprouts  
\*^Borani Kadu  
Kefta Kebab  
**Wok:** Teriyaki Chicken,  
\*\*Spring Rolls  
^Pancit w/Ground Pork  
**Kettle:** Sarmolejo Blanco Soup

**Oven:** Pizza, Pasta  
Beef Lasagna  
\*\*Garlic Bread  
**Grill:** \*^Pork Adobo  
\*\*Black Bean Quesadilla  
\*^Roasted Vegetables  
**Wok:** Fried Chicken  
\*^French Fries  
\*^Gobi Aloo  
  
**Kettle:** ^Beef Vegetable

**Oven:** Pizza, Pasta  
\*^Roasted Vegetables  
Caesar Salad  
**Wok:** ^Grilled Chicken w/Pineapple Salsa  
\*\*Eggplant Parmesan  
**Grill:** Beef Meat Loaf,  
\*^Broccoli,  
\*^Garbanzo Stew,  
\*\*Mashed Potatoes  
  
**Kettle:** ^Tom Kha Goong (shrimp)