



I-House Dining Commons Weekly Menu

November 12th – November 18th, 2018



MONDAY November 12	TUESDAY November 13	WEDNESDAY November 14	THURSDAY November 15	FRIDAY November 16	SATURDAY November 17	SUNDAY November 18
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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

Specialty Entrees will be served at 11 am

HOLIDAY BRUNCH

9:30 am – 1 pm

Enjoy an assortment of holiday brunch entrees, including waffle bar, fruit and yogurt bar. Specialty entrees served at 11am.



Oven: Pizza, Pasta
Caesar Salad
Herbivore: *^Tandoori Tofu
Grill: Lamb Stew
*^Couscous w/Dry Fruit
**Ravioli w/ Roasted Pepper Sauce
Wok: Teriyaki Chicken
*^Broccoli
**Spring Roll
Kettle: Chef's Special

Oven: Pizza, Pasta
**Greek Salad
Herbivore:
^Falafel.^Hummus
*^Babaganoush
**Pita Bread
Grill: *^Chicken Souvlaki
**Bowtie Pasta w/Feta
^Pecan Prawns
Kettle: *^White Bean and Baby Kale

Oven: Pizza, Pasta
Fruit Salad
Herbivore: *^Coconut Curry
Grill: ^Jerk Chicken, *^Sautéed Cabbage
Wok: Sweet& Sour Fish, *^Snap Peas
*^Roasted Vegetables
*^Curry Rice w/Peas and Coconut
Kettle: Chicken Wonton

Oven: Pizza, Pasta
**Cheese Ravioli
Herbivore:
**Vegan Tostadas
Grill: Grilled Chicken Tandoori
*^Saffron Rice w/Dry Fruit, *Naan Bread
**Somosas
Wok: Golden Beef Stew
*Udon Noodles
Kettle: ^Tom Ka Gai

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 5:30 pm - 8 pm

No Dinner Service Offered due to Veterans Day Holiday

Oven: Pizza, Pasta
Herbivore: *^Spicy Cauliflower Sabzi with Cashews
Grill: Chicken Karahi
**^Yogurt Sauce, *Naan Bread
*^Spicy Glazed Baby Carrots
Wok: Meat Loaf w/Gravy
**Mashed potatoes
**Yakisoba
w/Vegetables
Kettle: Cauliflower Soup with Hazelnuts and Bacon

Oven: Pizza, Pasta,
Herbivore: *^Roasted Broccoli and Tofu with Creamy Miso Dressing
Grill: *Grilled Salmon w/Chimichurri Sauce
*^Quinoa Pilaf
*^Roasted Vegetables
Wok: Lemon Chicken
*^Garlic Rice
**Stir Fry Bok Choy
Kettle: Chicken Tortilla Soup

Oven: Pizza, Pasta,
Herbivore: *^Sweet Potato Curry
Oven: Hot Dogs, Hot Links, **Fries
Grill: **Mac & Cheese BBQ Chicken
Wok: *^Spicy Eggplant
^BBQ Pork Ribs
*^Baked Beans
Kettle: **Vegetable Soup

Oven: Pizza, Pasta
Herbivore: **^Spicy Fried Tofu
Wok: Fried Fish
**Onion Rings
*^Roasted Vegetables
Grill: ^Grilled Chicken
**Cheese Tortellini
*^Broccoli
Kettle: **Cream of Tomato Soup

Oven: Pizza, Pasta
Herbivore: *^Borani Kadu
Grill: Grilled Pork Chops w/Chimichurri
*^Roasted Potatoes
Wok: Grilled Chicken w/Mushroom Sauce
*^Pancit
*^Garlic Rapini
Chef's Special
Kettle: Chicken Noodle Soup

Oven: Pizza, Pasta
Herbivore:
*^Vadouvan Roasted Cauliflower with Harissa Chickpea Curry
Grill: ^Chicken Kebab, *^Falafel, *^Hummus
*Naan Bread
Wok: *^Broccoli, Beef Stir Fry w/Green Beans, **Vegetarian Chow Mein
Kettle: **Potato Leek Soup