## I-House Dining Commons Weekly Menu
### April 1, 2019-April 7, 2019

### WEEKDAY BREAKFAST  7:15 - 9:30 am
- Fruit & Yogurt Bar, Jook,

### WEEKDAY LUNCH  11:30 am – 1:30 pm
- **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.

### WEEKEND BRUNCH  9:30 am – 1 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
- ^ Gluten-free (contains no added gluten containing ingredients). We are not a gluten-free facility, therefore we cannot eliminate the risk of cross-contamination.

### DINNER  5:30 pm - 8 pm
- Special items may be limited to one serving per credit

### Mon, April 1
- **Oven:** Pizza, Pasta, Greek Salad
- **Herbivore:** **^Vegetarian, **^Coconut Curry
- **Grill:** Cajun Tilapia w/Tropical Salsa
- **Wok:** **^Vegetarian Chow Mein, Beef Stir Fry, **^Vegetarian Fried Rice, **^Broccoli
- **Kettle:** Chicken Tortilla Soup

### Tue, April 2
- **Oven:** Pizza, Pasta, Tuscan Salad
- **Herbivore:** **^Vegetarian Tandoori Tofu, **^Vegan Garlic Rice
- **Grill:** Grilled Chicken Sate
- **Wok:** **Broccoli Salt and Pepper Shrimp, **^Vegetarian Stir Fry Vegetables
- **Kettle:** Chicken Wonton Soup

### Wed, April 3
- **Oven:** Pizza, Pasta, **^Vegetarian Hummus, **^Vegetarian Naan Bread
- **Herbivore:** **^Vegetarian Lamb Vindaloo, **^Vegan Saffron Rice
- **Grill:** Grilled Trout Almondine
- **Wok:** **^Vegetarian Pasta w/Sundried Tomatoes & Feta, **^Vegetarian Breakfast Burrito
- **Kettle:** **^Vegetarian Breakfast Potatoes, **^Vegetarian Breakfast Protein

### Thu, April 4
- **Oven:** Pizza, Pasta, **Chickpea Shawarma, **^Vegetarian Shawarma
- **Herbivore:** **^Vegetarian Green Rice Chicken Fajitas, **^Vegetarian Grilled Chicken w/Sauce, **^Vegetarian Garden Fresh Salad
- **Grill:** **^Vegetarian Sausage, **^Vegetarian Jamaican Jerk Rice Chicken, **^Vegetarian Caribbean Accents
- **Wok:** **^Vegetarian Fried Rice, **^Vegetarian Beef Stir Fry
- **Kettle:** **^Vegetarian Sesame-Chili Oil, **^Vegetarian Fennel Broth

### Fri, April 5
- **Oven:** Pizza, Pasta, **^Vegetarian White Bean Cassoulet, **^Vegetarian White Bean Lasagna
- **Herbivore:** **^Vegetarian Baked Cod with Tomatoes, **^Vegetarian Baked Cod with Smoked Paprika
- **Grill:** **^Vegetarian Baked Fish, **^Vegetarian Grilled Corn on the Cob
- **Wok:** **^Vegetarian Stir Fry Scallions, **^Vegetarian Grilled Chicken w/Mojo Sauce
- **Kettle:** **^Vegetarian Cream Of Broccoli Soup

### Sat, April 6
- **Oven:** Pizza, Pasta, **^Vegetarian Shrimp Scampi, **^Vegetarian Shrimp Scampi
- **Herbivore:** **^Vegetarian Chicken Fajitas, **^Vegetarian Grilled Corn on the Cob
- **Grill:** **^Vegetarian Grilled Corn on the Cob, **^Vegetarian Grilled Chicken
- **Wok:** **^Vegetarian Beef Stir Fry, **^Vegetarian Vegetable Stir Fry
- **Kettle:** **^Vegetarian Tofu Ravioli, **^Vegetarian Bike Soup