



I-House Dining Commons Weekly Menu

February 18th – February 24th, 2019



MONDAY February 18	TUESDAY February 19	WEDNESDAY February 20	THURSDAY February 21	FRIDAY February 22	SATURDAY February 23	SUNDAY February 24
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*WEEKDAY BREAKFAST 7:15 - 9:30 am *except holidays

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

Presidents Day Brunch

9:30 to 1:30 PM

Offerings to include:

Fruit and Yogurt Bar,
Waffle Bar
Vegan Jook
Hot Oatmeal,
Breakfast Protein,
Breakfast Potatoes
Daily Lunch Specials!!!
Specialty Entrees will
be served at 11 am

Oven: Pizza, Pasta
Caesar Salad
****Cheese Ravioli**
Herbivore: Gobi Aloo

Grill: +Grilled Steak
w/Mushroom Sauce
*^Roasted Yams
Wok: *^Sugar Peas
Chicken Chili Cilantro
Udon Noodles
*^Broccoli
**Spring Roll

Kettle: Chef's Special

Oven: Pizza, Pasta
****Greek Salad**
Herbivore: Chef
Special

Grill: **Naan Bread
Chicken Tikka Masala
*^Saffron Rice
Wok: BBQ Brisket
*^Roasted Potatoes
**Corned Bread
*^Broccoli

Kettle: *^White Bean
and Baby Kale

Oven: Pizza, Pasta
Fruit Salad
Herbivore: *^Coconut
Curry

Grill: ^Jerk Chicken,
*^Sautéed Cabbage
**Fry Plantain
Wok: Sweet & Sour
Cod, *^Snap Peas
**Vegetable Chow
Mein
*^Ginger Rice

Kettle: Chef's Special

Oven: Pizza, Pasta
Pear Salad w/Berries
Herbivore:
Vegan Tostadas

Grill: Lamb Stew
w/Golden Curry
*^Garlic Rice
Wok: Pecan Prawns
*^Garlic Broccolini
*^Sweet Potato Stew
w/Red Beans
**Vegetarian Ravioli

Kettle: ^Tom Ka Gai

Fruit and Yogurt Bar, Waffle Bar, Omelet 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 dug
to
Presidents
Day
Holiday

Oven: Pizza, Pasta,
Herbivore: **Broccoli
Tofu Stir fry

Grill: +Grilled Salmon
w/Chimichurri Sauce
*^Quinoa Pilaf
*^Roasted Vegetables

Wok: Grilled Pork
Chops w/Apricot Glaze,
*^Snap Peas

Kettle: ^Sausage and
Kale Soup

Oven: Pizza, Pasta,
Herbivore:
**^Honey Ginger Tofu
Stir Fry

Grill: ^Buffalo Wings
*^Potato Wedges

Wok: Sweet and Sour
Pork
*^Pancit.
*^Roasted Sprouts
and Mushrooms

Kettle: Comforting
Ham and Potato Soup

Oven: Pizza, Pasta,
Herbivore:
**Yakisoba Noodles
with Coconut Lime
Tofu

Grill: **Mac & Cheese
^Grilled Chipotle
Chicken

Wok: *^Spicy Eggplant
^BBQ Pork Ribs
*^Baked Beans

Kettle: *^Vegetable
Soup

Oven: Pizza, Pasta,
**Vegetarian Lasagna
Herbivore:
*^Tandoori Tofu

Grill: ^Grilled Chicken
**Black Beans
Quesadilla w/Salsas

Wok: ^Broccoli
Beef Meat Loaf
w/Gravy
Mashed Potatoes

Kettle: **Cream of
Tomato Soup

Oven: Pizza, Pasta
Pepperoni Lasagna
Herbivore: *^Borani
Kadu

Grill: BBQ Chicken
**Curly Fries
Baked Penne Pasta
*^Broccoli

Wok: Fried Fish
**Spring Roll
Chef's Special

Kettle: Chicken Tortilla

Oven: Pizza, Pasta
Herbivore:
*^Lentil Stew

Grill: ^Beef Kebab,
*^Falafel, *^Hummus
*Naan Bread

Wok: *^Chicken
w/Green Beans,
**Chow Mein
*^Steamed Broccoli

Kettle: **Curried
Carrot Soup



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