# I-House Dining Commons Weekly Menu
## March 14th, 2016 – March 20th, 2016

### WEEKDAY BREAKFAST  7:15 - 9:30 am

- **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

### LUNCH  11:30 am – 1:30 pm

<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>March 14</td>
<td>March 15</td>
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<td>March 17</td>
<td>March 18</td>
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**OVEN:** Pizza, Pasta, **Portobello Salad** Pasta salad.  
**GRILL:** Wok: *Seafood (fried rice), Chicken Pesto Sandwiches,  
**SKILLET:** ^Pork Chile Verde, **Dal Curry, **Mac & Cheese  
**KETTLE:** ^Cream of tomato soup

**OVEN:** Pizza, Pasta,  
^Antipasti platter  
**GRILL:** *BBQ Brisket,  
**Mashed Potatoes,  
**Vegan Pad Thai  
**SKILLET:** *Chicken with Habanero Glaze, Rolls, **Steamed Broccoli  
**KETTLE:** Daily Soup

**OVEN:** Pizza, Pasta,  
**GRILL:** Baja  
**QUESADILLA, *VEGGIE QUESADILLA**  
**WOOK:** Beef stir fry w/ Asparagus and Black Bean Sauce  
**SKILLET:** Fried Chicken, **biscuits, **Peach cobbler, **Gobi Aloo  
**KETTLE:** *Coconut chowder soup

**OVEN:** Pizza, Pasta, **Szechuan Eggplant Salad  
**GRILL:** Chef’s Special Wok: Fried fish with *Yucca, **Cabbage  
**SKILLET:** *Vegan curry, *Vegetable of the Day  
**KETTLE:** **Tomato Soup

**MEATLESS MONDAY**  
**OVEN:** Pizza, Pasta,  
Orzo w/ cured meat & olives  
**GRILL:** Kefta Kebab, **Roasted Peppers & Onions, **Basmati Rice  
**WOOK:** Chicken (and vegan) Sesame Udon Noodles, **Steamed Broccoli  
**SKILLET:** Tempeh Tikk Masala, **Dal Curry, **Veggie Lasagna, *Naan, **Saffron Rice, **Samosas  
**KETTLE:** *Miso Soup

**OVEN:** Pizza, Pasta,  
^Greek Salad  
**GRILL:** Grilled Salmon, **Black Beans,  
**Mushroom Rice  
**WOOK:** Bean Thread Noodles w/ Pork, Steamed dumplings, *Green Bean Tofu with Black Bean Sauce, **Steamed Veg  
**SKILLET:** Chicken Pot Pie, **braised greens, **Rice Pilaf, **Roasted Brussels Sprouts, **Channa Masala  
**KETTLE:** Lentil Soup

**OVEN:** Pizza, Pasta,  
**Grill:** Linguini with Clams, garlic bread  
**GRILL:** *Hamburger, *veg. burger, and **French fries  
**WOOK:** *beef and broccoli, **Fried Rice, fried wontons, **steamed greens  
**SKILLET:** *Shrimp and **Grits, *Roasted veg,  
**KETTLE:** **Peanut Sweet Potato

**OVEN:** Pizza, Pasta,  
Salami and Cheese  
**GRILL:** Grilled Chicken, Chimmichurri, Roasted Potato, *Yam & Eggplant Tagine,  
**WOOK:** Lomo Saltado, **Edamame Tofu Stir Fry  
**SKILLET:** Pork Chile Colorado, *Sautéed Squash, Mexican Rice, **Black Beans, Tortillas  
**KETTLE:** **Potato Leek Soup

### DAYTIME SPECIALS

- Plant-Based Sandwiches, **Grilled Cheese, Fried Chicken,  
**Spaghetti,  
**Cajun Chicken  
**KETTLE:** *Cranberry Apple Crisp

### WEEKEND BRUNCH  9:30 am – 1 pm

**Specialty Entrées will be served at 11 am**  
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  
^Gluten-free