



I-House Dining Commons Weekly Menu

June 26th, 2017 – July 2nd, 2017



MONDAY June 26	TUESDAY June 27	WEDNESDAY June 28	THURSDAY June 29	FRIDAY June 30	SATURDAY July 1	SUNDAY July 2
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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
Specialty Entrees will be served at 11 am

LUNCH 11:30 am – 1:30pm

Oven: Pizza, Pasta
Grill: Pesto Chicken Panini, **Baked Penne Pasta
Wok: ^Orange Beef, Fried rice
Skillet: ^Channa Masala Curry
Kettle: ^Chicken Tortilla Soup

Oven: Pizza, Pasta
Grill: Pork Korean Sliders.
^Roasted Vegetables
Wok: ^Chicken Satay
^Pad Thai Noodles
Skillet: ** Mac & Cheese
Kettle: ^seafood Soup

Oven: Pizza, Pasta
Grill: ^Cheese sandwich
Wok: ^Stir Fry Beef w/Greens
Skillet: ^BBQ Chicken, ^Vegan Coconut Curry
Kettle: **Cream of Tomato

Oven: Pizza, Pasta
Grill: Hamburger and **Vegetarian ,Fries
Wok: ^Steamed Ginger Chicken,
Skillet: ^Roasted Eggplant
Kettle: ^Lentil

Oven: Pizza, Pasta
Grill: Pescado a la Veracruzana, ^Mexican rice
Wok: Grilled Chicken w/poblano sauce **Mex Mac & Cheese
Kettle: **^Caldo de Pescado

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 6 - 8 pm

Oven: Pizza, Pasta
Grill: Curry Chicken
Wok: Mi Goreng (Indonesian Ramen Noodles), ^Potstickers, *Sautéed squash
Skillet: Semur beef stew, ^Roasted Cauliflower
Kettle: ^Ginger Chicken Soup

Deli Soup, Salad and Sandwiches
Assortment of sandwiches, soups and salads

Oven: Pizza Pasta
Grill: +^Salmon with pepita pesto, ^Sautéed broccoli
Skillet: Grilled Lamb Patties,
^Glazed Beets,
^Roasted sweet potatoes
Wok: ^Stir-fried Eggplant, potato, and pepper
Kettle: **Wild Rice Soup

Oven: Pizza, Pasta,
Wok: *Samosas
Skillet: **^Steamed Veg., ^All Dal Curry
Grill: ^Chicken Tandoori
Kettle: Chicken Soup

Oven: Pizza, Pasta
Grill: Fish & Chips,
^Gobi Aloo,
Wok: ^Edamame and tofu stir fry,
Kettle: Seafood Chowder

Oven: Pizza, Past
Grill: ^Roasted Pork Loin with citrus sage butter, ^snap peas
Wok: ^Stir-fried veg.
Skillet: ^Beef Fajitas, Chipotle Black Beans
Kettle: ^Split Pea Soup

Oven: Pizza, Pasta
Grill: ^Tikka Chicken, ^Matar Panir (Pea), ^Naan
Skillet: Grilled Steak w/chimichurri, Roasted Potatoes
Wok: ^Spicy zucchini with Sprouts
Kettle: Wonton Soup