### I-House Dining Commons Weekly Menu
*April 15th – April 21st 2019*

#### 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

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<th>MONDAY (April 15)</th>
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<th>WEDNESDAY (April 17)</th>
<th>THURSDAY (April 18)</th>
<th>FRIDAY (April 19)</th>
<th>SATURDAY (April 20)</th>
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| **Oven:** Pizza, Pasta
*Chef's Salad
**Herbivore:** **Coconut Curry
**Grill:** Grilled Chicken
**Wok:** Orange Cod
**Kettle:** Sweet Potato Noodles
**Garlic Broccoli
**Kettle:** Roasted Cauliflower Soup |
| **Oven:** Pizza, Pasta
*Chef's Salad
**Ramen bar
**Vegetarian Broth
**Meat Broth
**Spring Roll
**Stir Fry Cabbage
**Fried Prawns
**Ramen Noodles
**BBQ Pork, Chicken Tofu
**Boiled Eggs
**White Rice
**Kimchee |
| **Oven:** Pizza, Pasta
*Fatoush Salad
**Herbivore:** **Spicy Eggplant w/Tofu
**Grill:** **Onion Rings
**Fried Chicken Wings
**Wok:** **Garlic Rapi
**Angel Hair Pasta
**Fresh Tomato Basil
**Moroccan Beef Stew
**Salmon Potato Cakes
**Kettle:** **Potato Soup w/Smoked Paprika |
| **Oven:** Pizza, Pasta
*Potato Salad
**Herbivore:** **Chana Masala
**Grill:** **Grilled Chicken
**with Pineapple Salsa
**Quinoa Pilaf
**Fresh Baked Rolls
**Wok:** **Broccoli
**Prawns Creole
**Mac & Cheese
**Kettle:** **Carrot Coconut Soup |
| **Oven:** Pizza, Pasta
**Caesar Salad
**Herbivore:** **TBD
**Grill:** Grilled Chicken
w/Peach Glazed
**Pineapple Fried Rice
**Wok:** **Broccoli
**Seafood Paella
**Tortilla Espanola
**Cheese Tortellini
**Kettle:** Seafood Soup |

#### DINNER 5:30 - 8 pm

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| **Oven:** Pizza, Pasta
*Chef's Salad
**Herbivore:** **All Dal Curry
**Wok:** *Steak and Asparagus Stir-Fry
**Garlic Butter
**Baked Parmesan Mushrooms
**Kettle:** Tomato Bisque |
| **Oven:** Pizza, Pasta
*Herbivore:** **Seven Vegetable Stir Fry with Tofu
**Wok:** Spring Roll
*Kung Pow Chicken
**Fried Rice
**Grill:** Grilled Trout
w/Toast Almonds
**Green Beans with Pecans and Maple Vinaigrette
**Kettle:** Chicken Wonton Soup |
| **Oven:** Pizza, Pasta
*Herbivore:** **Cauliflower and Butternut Squash Thai Curry
**Wok:** *Rice Cake
w/Vegetables
**Seafood Stir Fry
**Garlic Bok Choy
**Grill:** Tri Tip Steak
w/Chimichurri Sauce
**Au Gratin Potatoes
**Kettle:** **Squash & Sage Soup
**BANANA SPLIT NIGHT |
| **Oven:** Pizza, Pasta
*Herbivore:** **Moroccan Vegetable Tagine
**Wok:** **Grilled Cajun Catfish w/Remoulade
**Garlic Bok Choy
**Grill:** Chicken Marsala
**Roasted Squash and Brussels
**Cheese Ravioli
**Kettle:** Chicken Noodle Soup |
| **Japan Theme Dinner**
**Gyu (Japanese Beef)
**Vegetable Tempura
**Yakisoba (Stir-Fry
**Japanese Buckwheat Noodle
**Nimono (Simmered Vegetables
**Mango Stir-Fry
**Tagliatelle (Pork Soup
**Assorted Sushi
**Gyoza
**Yuksimidaifuku (Mochi Ice Cream |
| **Oven:** Pizza, Pasta
**Cheese Ravioli
**Herbivore:** **Green Curry Eggplant
**Wok:** Chicken and Prawn Stir Fry
**Chef's Special
**Pancit w/Vegetables
**Grill:** Roasted Lamb
**Black Eyed Pea Stew
**Steamed Broccoli
**Kettle:** **Quinoa and Roasted Pepper Chili |
| **Oven:** Pizza, Pasta
*Herbivore:** **Tofu Tikka Masala
**Wok:** Shrimp and Mango Stir-Fry
**Honey Glazed Baby Carrots
**Grill:** Roasted Lamb
**Black Eyed Pea Stew
**Steamed Broccoli |

#### WEEKEND BRUNCH 9:30 am – 1 pm
Specialty Entrees 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 (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