



I-House Dining Commons Weekly Menu

May 22nd, 2017 – May 28th, 2017



MONDAY May 22	TUESDAY May 23	WEDNESDAY May 24	THURSDAY May 25	FRIDAY May 26	SATURDAY May 27	SUNDAY May 28
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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

LUNCH 11:30 am – 1:30 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

Grill: ^Fish with Salsa Verde, Broccoli
Wok: ^Ginger Chicken, Bok Choy
Skilllet: Pinto beans with Charred onions
Oven: Pizza, Pasta
Kettle: **Cream of Asparagus

Grill: Turkey Burger, Veg Burger, *^Fries
Skilllet: *^Ratatouille, *^steamed greens
Oven: Pizza, Pasta
Kettle: Chicken Noodle

Grill: ^Ginger Grilled Chicken, *Chow Mein
Skilllet: *^Sautéed Squash with garlic and sage,
Oven: Pizza, Pasta
Kettle: *^Hot & Sour Soup

Grill: BBQ Pork Ribs, *^Roasted Sweet Potatoes
Wok: *^Stir-fried greens with tofu and edamame,
Skilllet: Crispy Chicken Strips
Oven: Pizza, Pasta
Kettle: Seafood Soup

Wok: ^Steamed Szechuan Fish, Pork Mapadofu
Skilllet: *^Steamed Broccoli, *Spring Rolls
Oven: Pizza, Pasta
Kettle: Mushroom Miso

***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

Grill: ^Pork Chops with tropical salsa
Wok: Mushroom Chicken
Skilllet: *^Roasted Eggplant
**^Mashed potatoes
*^Asparagus
Oven: Pizza, Pasta
Kettle: *^Three Bean Chili

Grill: ^Leg of Lamb, *^Broccolini, *^Herb Roasted Potatoes
Wok: Kung Pao Chicken
Skilllet: Matar Panir, Basmati Pilaf
Oven: Pizza, Pasta
Kettle: ^French Onion Soup

Grill: Italian Sausage, **^Polenta,
Wok: ^Beef with Broccoli
Skilllet: *^Sautéed Peppers and Onions, *^Greens.
Oven: Pizza, Pasta
Kettle: *^Lentil

Grill: Grilled Salmon, **^Mint Yogurt Sauce, *Almond Cous Cous
Skilllet: ^Beef Meatloaf, **^Potato Gratin
Oven: Pizza, Pasta
Kettle: *Minestrone

Grill: ^Tandoori Chicken, *^Zucchini
Wok: Sweet and Sour Tofu
Skilllet: *^Cauliflower Curry, *Samosas
Oven: Pizza, Pasta
Kettle: *^Coconut Corn Chowder

Wok: *^Orange Beef
Skilllet: ^Herb Roasted Chicken, **Macaroni and Cheese, *^Spicy Glazed Carrots
Kettle: Wonton Soup

Grill: ^BBQ Pork, *^Potato Salad, Rolls
Wok: ^Beef Pad Thai (*^vegan by request)
Skilllet: **Corn Bread, *^Sautéed Collard Greens
Oven: Pizza, Pasta
Kettle: **Broccoli Cheese Soup