



I-House Dining Commons Weekly Menu

July 17th, 2017 – July 23rd, 2017



MONDAY July 17	TUESDAY July 18	WEDNESDAY July 19	THURSDAY July 20	FRIDAY July 21	SATURDAY July 22	SUNDAY July 23
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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 – 1:30 pm

Oven: Pizza, Pasta
Grill: Grilled Shrimp Sandwich *^Fries
Wok: ^ BBQ Pork Belly
Skillet: ^Piri Piri Chicken,*^Gobi Aloo
*^Roasted veg,
Kettle: Egg flower soup

Oven: Pizza, Pasta,
Grill: Steak Quesadilla and **Vegetarian Quesadilla.
Wok: ^ Orange Chicken, *^Dal curry, *^Steamed Veg
Skillet: Pork Sausage Lasagna
Kettle: ^Cream of Tomato Soup

Korean BiBimBap Bar
Build-your-own rice bowl with several choices of meat and vegetable toppings.
Wok: Dumplings

Oven: Pizza, Pasta
Skillet: Turkey and Lamb Sliders, Fries
Grill: **Mac&Cheese
Wok: Chef's Special, *^Spicy Eggplant
Kettle: *^Vegetable Soup

Oven: Pizza, Pasta
Grill: Salmon with Basil Pesto
Wok: Chef's special vegetable
Skillet: Grilled Steak w/Mushroom Sauce, *^Roasted Potatoes,**Vegetarian Ravioli
Kettle: ^Tom Ka Gai

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: ^Tandoori Chicken, *^Chutney, **^Yogurt Sauce, *Naan
Wok: **^Beef Brisket with Mushrooms, *Stir-fried Broccoli w/Garlic sauce
Skillet: *^Spicy Glazed Baby Carrots
Kettle: *^Shiitake & Daikon Miso Soup

Oven: Pizza, Pasta, French Bread Pizza
Wok: ^Steamed Szechuan Fish, *^veggie fried rice
Skillet: *^Snap Peas with roasted *^peppers and onions, *^Roasted sweet potatoes
Grill: Slow Cooked Lamb with gremolata, *^grilled zucchini
Kettle: *^Curry Lentil

Oven: Pizza, Pasta,
Grill: ^Steamed Mussels, *^French Fries
Wok: ^Orange Beef, *Veg. Chow Mein
Skillet: Ham Artichoke and Potato Gratin, *^Asparagus
Kettle: *^Carrot and Garbanzo Stew

Oven: Pizza, Pasta
Grill: ^Jerk Pork, Sautéed Cabbage
Wok: *Spicy Green Beans, *^Dal Makhani, *Spring Rolls
Skillet: Coq au Vin, *^Boiled Potatoes,
Kettle: Seafood Bisque

Taco Bar
A variety of authentic Mexican style meats, vegetables, salsas and toppings to make your own soft or hard tacos
Kettle: Chicken Tortilla Soup

Oven: Pizza, Pasta
Grill: BBQ Pulled Chicken Sandwich, *^Curly Fries
Wok: *^Fried Rice, *Broccoli w/ black bean sauce
Skillet: ^Cajun Spiced Fish w/ Tropical Salsa, *^Maque Choux
Kettle: *^Borscht

Oven: Pizza, Pasta
Grill: ^Chicken Kebab, *^Falafel *^Tomato Cucumber Salad
Skillet: ^Persian Kotlet, ^*Saffron Rice, *^Lentil stew, ^*Braised Greens
Kettle: *^Puree of White Bean