



I-House Dining Commons Weekly Menu

August 13th – August 19th 2018



MONDAY
Aug 13

TUESDAY
Aug 14

WEDNESDAY
Aug 15

THURSDAY
Aug 16

FRIDAY
Aug 17

SATURDAY
Aug 18

SUNDAY
Aug 19

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

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

LUNCH 11:30 am – 1:30 pm

Oven: Pizza, Pasta
Naan Bread
Grill: ^Jerk Chicken
*^Curry Rice
Wok:
Coconut Beef
*^Coconut Curry
*Udon noodles
*^Steamed Broccoli
Kettle: Chef's Special

Oven: Pizza, Pasta
Mexican Salad
Grill: ^Pork Chops
w/Chimichurri Sauce
*^Spicy Eggplant
Wok: *^Vegan Pancit
^Sanbeiji Chicken
**^Fried Rice
*^Roasted Vegetables
Kettle: Chef's Special

Golden Bear Orient.
Oven: **Ravioli,
Marinara, Greek and
Caesar Salad,
Mixed Green Salad
Grill: Chipotle
Chicken
*^All Dal Curry,
Wok: Salt and Pepper
Shrimp, *^Broccoli,
*^Brown Rice, *^White
Rice
Kettle: **Curry Corn
Chowder

Golden Bear Orient.
Oven: **Pesto
Tortellini, **Greek and
Caesar Salad, Naan
Grill: Steak
w/Chimichurri
*Vegan Cassoulet
Wok: Chicken Tikka
Masala, *^Brown
Rice, *^White Rice,
*^Roasted Cauliflower
Kettle: Thai Coconut
Curry Soup

Oven: Pizza, Pasta
**Baked Pasta
Grill: Baked Fish
w/Mojo Sauce
*^Roasted Zucchini
Wok: Chef's Special
**Kuku (Persian Frittata)
*Samosas, Mango
Chutney
Kettle: Chef's Special

DINNER 5:30 - 8 pm

Oven: Pizza, Pasta
Wok: *^All Dal Curry
Beef Stroganoff
*^Broccoli
Grill: ^Grilled Chicken
*^Roasted Cauliflower
*^Rice and Beans
Kettle: **Tomato
Bisque

Oven: *^Vegan
Tostadas, Nacho Bar
w/ Salsas, Pico de
Gallo, Salsa Verde
**Churros
Wok: Beef Barbacoa
Tacos, *^Vegan Fajitas
**Flour Tortillas
Grilled: ^Grilled
Chicken Fajitas
*^Mexican Rice,
*^Frijoles Fritos
Kettle: Pozole

Golden Bear Orient.
Oven: **Ravioli,
Marinara, Greek and
Caesar Salad,
Mixed Green Salad
Grill: Chipotle
Chicken
All Dal Curry,
Wok: Salt and Pepper
Shrimp, Broccoli,
Brown Rice, White
Rice
Kettle: Curry Corn
Chowder

Golden Bear Orient.
Oven: **Pesto
Tortellini, **Greek and
Caesar Salad, Naan
Grill: Steak
w/Chimichurri
*Vegan Cassoulet
Wok: Chicken Tikka
Masala, *^Brown
Rice, *^White Rice,
*^Roasted Cauliflower
Kettle: Thai Coconut
Curry Soup

Oven: : Pizza, Pasta
*^Lentil Stew
*^Roasted Vegetables
Wok: Chicken Wings
**French Fries
*^Teriyaki Tofu
Grilled: Chef's Special
Stew, **Potato Cakes
*^Broccoli
Kettle: Seafood Soup

Oven: Pizza, Pasta
Beef Lasagna
**Garlic Bread
Wok: Seafood Pasta,
*^Green Curry
Eggplant
Grill: ^Grilled
Chicken
**Mex Mac & Cheese
*^Roasted
Vegetables
Kettle: Egg Flower
Soup

Oven: Pizza, Pasta
Seafood Pasta
Wok: *Spring Roll,
^Kung Pow Chicken
*^Fried Rice
Grill: Beef Tri
Tip, *^Black Eyed Pea
Stew, *^Roasted
Potatoes
Kettle: ^**Cream of
Tomato Soup