



# I-House Dining Commons Weekly Menu

## August 14<sup>th</sup>, 2017 – August 20<sup>th</sup>, 2017



MONDAY August 14	TUESDAY August 15	WEDNESDAY August 16	THURSDAY August 17	FRIDAY August 18	SATURDAY August 19	SUNDAY August 20
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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, 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**

**Oven:** Pizza, Pasta  
**Grill:** Beef and \*Veggie Burgers, \*^Fries  
**Wok:** ^Five Spice Chicken, \*\*Vegetarian Chow Mein  
**Skillet:** \*^Gobi Aloo,  
**Kettle:** ^Tom Young Goong

**CLOSED to PUBLIC**  
**Golden Bear Orientation**

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**Oven:** Pizza, Pasta  
**Grill:** Chef's special  
**Wok:** \*^Coconut Curry Vegetables  
**Skillet:** Chef's Special  
**Kettle:** \*^Green Split Pea Soup

**Oven:** Pizza, Pasta  
**Grill:** ^Grilled Greek Chicken , \*^Roasted Potatoes  
**Wok:** \*^Vegan Pancit  
**Skillet:** Chef's special  
**Kettle:** Wonton

**DINNER 6 - 8 pm**

**Oven:** Pizza, Pasta,  
**Wok:** ^Twice Cooked Pork, Braised Greens, \*^Rice Noodles  
**Skillet:** ^Herb Roasted Chicken, ^\*\*Au Gratin Potatoes, ^\*Roasted Veg.  
**Kettle:** \*^Caldo Verde

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**American Cuisine Dinner:**  
 Beef Hot Dog's and Fries  
 ^BBQ Pork Ribs  
 Fried Chicken  
 \*\*Macaroni and Cheese  
 \*^Baked Beans  
 \*^Broccoli with roasted tomatoes and garlic  
 \*^Spicy Black-eyed Pea Stew

**Oven:** Pizza, Pasta, Wedge Salad  
**Grill:** Chef's special, Halal Grilled Chicken  
**Skillet:** \*\*^Baked Potato Bar  
**Wok:** \*\*^Saag Paneer, \*^Gobi Aloo  
**Kettle:** \*^Minestrone

**Oven:** Pizza, Pasta,  
**Grill:** \*\*Vegetarian Burritos  
**Wok:** ^Mapadofu, Taiwanese-style Fried Chicken  
**Skillet:** \*^Roasted Vegetables  
**Kettle:** \*^Lentil

**Italian Dinner**  
**Oven:** \*\*Pizza Margherita, \*Focaccia w/Olives & Tomato, \*\*^Caprese Salad  
**Kettle:** \*^White Bean Soup  
**Skillet:** \*\*Pasta Arrabiata  
 ^Chicken Cacciatore,  
 ^Seafood w/ Potatoes & Peas  
 ^\*Broccolini w/ Garlic  
 \*Farro with herbs