I-House Dining Commons Weekly Menu  
August 21, 2023 – August 27, 2023

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<th>MONDAY</th>
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**WEEKDAY BREAKFAST 7:15 - 9:30 am**
Fresh Fruit, Yogurt, Cereal, Breakfast Pastries Bar, ^Steel Cut Oatmeal, Jook Bar, ^Eggs, Breakfast Meats, **Vegan Breakfast Meat, **Breakfast Potatoes and Daily Breakfast Special of the Day

**LUNCH 11:00 am – 2:00 pm**

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| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: Irish Corned Beef, Roasted Salmon with Dill Cucumber Sauce, Vegan Grain Stuffed Portobello with Sundried Tomato Pesto Boiled Potatoes, Carrots and Cabbage  
Kettle: Soup of the Day (Vegan and Meat)  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: *Chicken Cacciatore, Oven Roasted Cod, *Ratatouille, **Mashed Potatoes and *Garlic Green Beans  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: American Classic Beef Pot Roast Stew, Roasted Herbed Trout, Mashed Potatoes, Seasonal Vegetables  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: *Roasted Chicken with Mushroom Red Wine Sauce and Lentil Spinach Stew with *Creamy Mashed Potatoes, and **Sautéed Vegetables  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: Fried Chicken, Mashed Potatoes, Fried Shrimp, Okra, Potato Wedge, Black Eyed Pea Stew, Corn Succotash, Mac and Cheese**Sautéed Collard Greens  
Kettle: Soup of the Day (Vegan and Meat) |

**DINNER 5:00 pm – 8:00 pm**

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| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: *Steamed Chicken Wonton, Pork BBQ Pork Loin, Shrimp, Crispy Tofu and Soup with Baby Corn, Broccoli, Cabbage, Scallions, Carrots, Mushrooms, Bokchoy, Egg Noodles and Toasted Garlic  
Kettle: Soup of the Day (Vegan and Meat)  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: *Chicken Tandoori, Fish Tandoori Tikka Masala Paneer, Basmati Pulao, Aloo Gobi, **Samosa and Garlic Naan  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: *Oregano Lemon Greek Roasted Chicken, Blackened Salmon with Black Bean Peach Relish, Vegan Lentil Cakes with Pesto with Saffron Tomato  
**Rice Pilaf and Potato Au Gratin  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: Crispy Soy Ginger Roasted Chicken, Honey Walnut Prawns, Vegetable Chow Mein Steamed Rice, Sautéed Asian Greens, Vegetarian Spring Roll  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: *Sweet And Sour Pork, Black Bean Sauce Tilapia, and Buddha’s Delight, Fried Rice, Singaporean Rice Noodle Stir Fry and Sautéed Vegetables  
Kettle: Soup of the Day (Vegan and Meat) |

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| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: *Salt and Pepper Shrimp, *Char Siu Pork Loin, Salt and Pepper Tofu, Vegetable Chow Mein, Vegetable Fried Rice  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: *Ginger Scallion Cod, Crispy Sesame Chicken and *Beijing Beef, *Steamed Rice and **Vegetable Yakisoba  
Kettle: Soup of the Day (Vegan and Meat) |
| Pizza: Pizza and Pasta of the Day (Meat, Vegetarian and GF)  
Classic: ^Gluten-free (contains egg and/or dairy)  
*^Vegan  
**Vegan Breakfast Meat, **Breakfast Potatoes and Breakfast Brunch Special of the Day and Omelet Station.  
*All Chicken items are Halal

*Vegan  
**Vegetarian (contains egg and/or dairy)