## I-House Dining Commons Weekly Menu
February 03th – February 09th, 2020

### 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

### LUNCH  11:30 am – 1:30 pm

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| **Oven:** Pizza, Pasta Salad:**Taco Salad Herbivore:** ^Coconut Curry
Grill: Seafood Pasta Pesto Penne Pasta Wok:** ^Curry Rice
Beef Stir Fry w/Vegetables ^Sugar Peas
Kettle: **^Cream Of Carrot Soup | **Oven:** Pizza, Pasta Salad:**Red Pear Salad Herbivore:** ^Gobi Aloo
Grill: Peking Style Ribs Garlic Fried Rice Wok:** ^Fried Plantains
^Lemon Grass Chicken ^Cheese Ravioli w/Garlic Tomato Sauce Kettle: **^Egg Flower Soup | **Oven:** Pizza, Pasta Salad:**Pastas Pasta Herbivore:** ^Spicy Fried Tofu
Grill: ** ^Broccoli Grilled Steak w/Hollandaise Sauce Baked Sweet Potatoes Wok:** ^Fried Rice
Orange Chicken Chow Mein w/Veggies Kettle: **^Lentil Soup | **Oven** Pizza, Pasta Salad:**Greek salad Herbivore:** ^Somosas, Falafel Hummus, Naan Bread
Grill: Lamb Gyros Roasted Broccoli Wok:** ^Rice Pilaf
Chicken Souvlaki ^Mushroom Ravioli Kettle: Chicken Noodle Soup | **Oven:** Pizza, Pasta Salad:**Taco Salad Herbivore:** ^Cheese Ravioli w/Black Bean sauce
Grilled Pork Chops
** ^Mexican Caesar Salad | **Oven:** Pizza, Pasta Salad:**Mexican Caesar Salad Herbivore:** ^Chickpea & Cauliflower Curry
Grill: Grilled Salmon w/Tropical Salsa Wok:** ^Broccoli Stir Fry Chicken w/Black Bean sauce ^Mac & Cheese ** ^White Rice Kettle: Chef’s Special |

### DINNER  5:30 pm - 8 pm

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| **Taco Tuesday**
Oven: Churros
Nacho Bar, Salsas Herbivore: Portobello Mushroom Fajitas Wok: Carne Asada Taco Mexican Rice Frijoles Fritos Grilled: ^Grilled Chicken Fajitas ^Tofu Fajitas Flour Tortillas Kettle: **^Egg Flour Soup | **Oven:** Pizza, Pasta Herbivore:** ^Three Bean Curry
Grill: ^Parmesan Crusted Tilapia ^Herb Roasted Mushrooms ^Cheese Ravioli Wok: Spaghetti w/Italian Meatballs Kettle: **^Summer Vegetable Minestrone | **Oven** Pizza, Pasta Salad:**Garlic Polenta Herbivore:** ^Saag Paneer Grilled: Roasted Pork Loin w/Creamy Mushroom Sauce **Broccoli Wok: ^Cashew Chicken ^Saffron Rice w/Dry Fruit Kettle: Beef Chili | **Oven** Pizza, Pasta Salad:**Mexican Caesar salad Herbivore:** ^Chana Masala Grilled: ** ^Green Salad Wok: ** ^Tofu Scramble
** ^Corn Bread Kettle: **^Broccoli Cheddar | **Oven:** Pizza, Pasta Salad:**Mexican Caesar Salad Herbivore:** ^Pesto Pasta Grilled: ** ^Salsas ** ^Black Bean and Corn Quesadilla Chef’s Special Wok: ** ^Grilled Chicken w/Peach Glaze ** ^Sweet & Sour Sauce Kettle: **^Butternut Squash Soup | **Oven:** Pizza, Pasta Salad:**Veggie Lasagna Herbivore:** ^Mushroom Risotto Grilled: ** ^Mushroom Risotto Wok: ** ^Buffalo Wings French Fries Steamed Broccoli Kettle: **^Tomato Basil Soup |

### 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 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

### WEEKEND BREAKFAST  9:30 am – 1 pm
- *Hot Oatmeal, *Scrambled Eggs, **Breakfast Potatoes, **Tofu Scramble, Bagels, and a Variety of Breakfast Proteins and Specials

### WEEKEND 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 Potatoes, **Breakfast Burrito, **Vegetarian Quiche, and Daily Lunch Specials
- **Vegan
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### WEEKEND DINNER  5:30 pm - 8 pm
- Specialty Entrees will be served at 11 am
- Fruit and Yogurt Bar, Waffle Bar, Omelet Bar, Vegan Jook, Hot Oatmeal, Breakfast Potatoes, **Breakfast Burrito, **Vegetarian Quiche, and Daily Lunch Specials
- **Vegan
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