# I-House Dining Commons Weekly Menu

**October 25 – October 31, 2021**

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## WEEKDAY BREAKFAST 7:15 - 9:30 am

- Fruit & Yogurt Bar,
- *Steel Cut Oatmeal, ^Scrambled Eggs, *Bacon,* Breakfast Sausage, **Vegan Breakfast Sausage and **Breakfast Potatoes

**LUNCH 10:30 am – 2:30 pm**

### MONDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** Pasta (GF) Pasta Available and Meatballs (Meat and Beyond Meat) with Garlic Bread and Roasted Vegetables
  - **Kettle:** Soup of the Day (Vegan and Meat)

### TUESDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** Thai Yellow Basil Curry Chicken and Vegetable Tofu with Steamed Jasmine Rice and Vegetable Spring Roll
  - **Kettle:** Soup of the Day (Vegan and Meat)

### WEDNESDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** Chicken, Tofu and Shrimp Fajitas with Spanish Rice, Black Bean and Chips and Salsa
  - **Kettle:** Soup of the Day (Vegan and Meat)

### THURSDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** Sweet and Sour Chicken and Vegan Chicken and Stir Fry Tofu Greens and Mushrooms with Steamed Rice and Bok Choy
  - **Kettle:** Soup of the Day (Vegan and Meat)

### FRIDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** Burger Steak with Mushroom Gravy and Vegan Tofu Quinoa Meatloaf with Steamed Rice and Steamed Vegetables
  - **Kettle:** Soup of the Day (Vegan and Meat)

### SATURDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** ^BBQ Asian Style Chicken and Vegan Sweet Chili Tofu with Steamed Rice and Vegetable Chow Mein and Gailan
  - **Kettle:** Soup of the Day (Vegan and Meat)

### SUNDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** String Bean Chicken and Vegan Stir Fry Tofu and Tender Greens with Steamed Rice and Vegetarian Dumplings
  - **Kettle:** Soup of the Day (Vegan and Meat)

## WEEKEND BRUNCH 9:00 am – 3:00 pm

- **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.
- *All Chicken items are Halal

**DINNER 4:00 pm - 8 pm**

### MONDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** Barbecue Chicken and Vegan Black Beans with Spanish Rice, Chips and Salsa
  - **Kettle:** Soup of the Day (Vegan and Meat)

### TUESDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** Masala Tofu with Red Sauce and Vegetarian Spring Rolls
  - **Kettle:** Soup of the Day (Vegan and Meat)

### WEDNESDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** *Chicken Tikka Masala and Tofu with Vegan Aloo Goobi, ^Dal, Naan Bread and Basmati Rice
  - **Kettle:** Soup of the Day (Vegan and Meat)

### THURSDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** *Cochinita Pibil Vegan Black Beans Nopales, ^Shrimp Ceviche and Vegan Tofu Ceviche with Spanish Rice, Chips and Salsa
  - **Kettle:** Soup of the Day (Vegan and Meat)

### FRIDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** *Rosemary and Garlic Herb Rotisserie Chicken and Vegan Ratatouille with Rice Pilaf and Steamed Seasonal Vegetables
  - **Kettle:** Soup of the Day (Vegan and Meat)

### SATURDAY
- **Pizza:** Pizza of the Day (Meat, Vegetarian and GF)
  - **Classic:** *Bean and Cheese Pupusa, ^Ejote Mexicana and *Chicken Mole with Rice and Pico De Gallo
  - **Kettle:** Soup of the Day (Vegan and Meat)