# I-House Dining Commons Weekly Menu

**August 1, 2022 – August 7, 2022**

## 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

## WEEKEND BRUNCH 9:30 – 2:00 pm

- Fresh Fruit, Yogurt, Cereal, Breakfast Pastries Bar, *Steel Cut Oatmeal, Jook Bar, ^Eggs, Breakfast Meats, **Vegan Breakfast Meat, **Breakfast Potatoes and Breakfast Brunch Special of the Day and Omelet Station.

### LUNCH 11:00 am – 2:00 pm

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- **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 5:00 pm - 8:00 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

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*Note: Gluten-containing ingredients are used in the kitchen and are not excluded from shared cooking areas. We are not a gluten-free facility, therefore we cannot eliminate the risk of cross-contamination.*

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**Halal:** Food that is prepared or processed in a manner consistent with the guidelines of Islamic dietary laws. It is safe for Muslims to consume and is prepared in a way that avoids harm to the animal (e.g., no harm to the animal at the time of death).

**Vegan:** Food that contains no animal products, including dairy and eggs.

**Vegetarian:** Food that contains no meat, poultry, or seafood, but may contain dairy and eggs.

**Gluten-free:** Food that contains no gluten-containing ingredients (e.g., wheat, barley, rye).

**Cross-contamination:** The accidental presence of allergens or contaminants from other foods in the same cooking area. It is important to consider cross-contamination when preparing food, especially in a shared kitchen environment.