# I-House Dining Commons Weekly Menu

**October 24, 2022 – October 30, 2022**

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

- Fresh Fruit, Yogurt, Cereal, Breakfast Pastries Bar, *Steak 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:** Lomo Saltado and **^Bang Bang Tofu** and Bell Peppers with **Steamed Rice and **Sautéed Asian Greens
  - **Kettle:** Soup of the Day (Vegan and Meat)

### Pizza:
- **Pizza and Pasta of the Day** (Meat, Vegetarian and GF)
  - **Classic:** Thai Basil Ground Chicken and \(^*\)Green Curry Thai Tilapia with **Steamed Rice and **Vegetable Spring Roll
  - **Kettle:** Soup of the Day (Vegan and Meat)

### Pizza:
- **Pizza and Pasta of the Day** (Meat, Vegetarian and GF)
  - **Classic:** Roasted Apples and Thyme Pork Chops and \(^*\)Fish Almondtine with \(^*\)Wild Rice Pilaf and Dried Fruit and \(^*\)Steamed Potatoes
  - **Kettle:** Soup of the Day (Vegan and Meat)

### Pizza:
- **Pizza and Pasta of the Day** (Meat, Vegetarian and GF)
  - **Classic:** Coq Au Vin and \(^*\)Beyond Meat Moussaka with \(^*\)Creamy Mashed Potatoes and \(^*\)Steamed 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, Gravy, Potato Wedge, Black Eyed Pea Stew, Dirty Rice \(^*\)Sautéed Collard Greens
  - **Kettle:** Soup of the Day (Vegan and Meat)

**Note:**
- \(^*\)Vegan
- \(^*\)Vegetarian (contains egg and/or dairy)
- \(^*\)Gluten-free (contains egg and/or dairy)
- \(^*\)Dietary Restrictions:
  - **Vegan:** (contains egg and/or dairy)
  - **Vegetarian:** (contains egg and/or dairy)
  - **Gluten-free:** (contains gluten and/or dairy)

## DINNER 5:00 pm – 8:00 pm

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### Pizza:
- **Pizza and Pasta of the Day** (Meat, Vegetarian and GF)
  - **Classic:** Chicken and Tofu Ramen with Green Peas, Corn, Scallions, Mushrooms, Egg, Seaweed and Egg Noodles

### Vegan and Vegetarian:
- Vegetable Tempura
  - **Kettle:** Soup of the Day (Vegan and Meat)

### Pizza:
- **Pizza and Pasta of the Day** (Meat, Vegetarian and GF)
  - **Classic:** BBQ Pork Ribs, Chicken and Blackened Catfish with Mac and Cheese and Jalapeno Corn Bread

### Vegan and Vegetarian:
- **Vegan BBQ Meatballs
  - **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 and **Fish with Roasted Saffron Tomato Sauce \(^*\)Rice Pilaf and \(^*\)Roasted Dill Potatoes

### Vegan and Vegetarian:
- **Vegan African Peanut Lentil Stew
  - **Kettle:** Soup of the Day (Vegan and Meat)

### Pizza:
- **Pizza and Pasta of the Day** (Meat, Vegetarian and GF)
  - **Classic:** Chicken Kabob, Beef Kofta and \(^*\)Roasted Fish with \(^*\)Saffron Rice Pilaf and Grilled Pita Bread

### Vegan and Vegetarian:
- **Vegan Gyro and Falafel
  - **Kettle:** Soup of the Day (Vegan and Meat)

### Pizza:
- **Pizza and Pasta of the Day** (Meat, Vegetarian and GF)
  - **Classic:** Classic Rotisserie Chicken and \(^*\)Oven Roasted Paprika Garlic Herb Salmon with \(^*\)Wild Rice Pilaf and \(^*\)Steamed Vegetables

### Vegan and Vegetarian:
- **Roasted Tofu and Vegetables
  - **Kettle:** Soup of the Day (Vegan and Meat)

### Pizza:
- **Pizza and Pasta of the Day** (Meat, Vegetarian and GF)
  - **Classic:** Pork Tenderloin Wrapped in Bacon with Fig Balsamic Glaze and \(^*\)Oven Roasted Swordfish with Caper White Wine Sauce, \(^*\)Rosemary Roasted Potatoes and \(^*\)Rice Pilaf

### Vegan and Vegetarian:
- **Stuffed Mushrooms with Tofu
  - **Kettle:** Soup of the Day (Vegan and Meat)

## WEEKEND BRUNCH 9:30 – 2:00 pm

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

- **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

## Breakfast
- *Steel Cut Oatmeal, Jook Bar, ^Eggs, Breakfast Meats, **Vegan Breakfast Meats, **Breakfast Potatoes and Breakfast Brunch Special of the Day and Omelet Station.

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