### I-House Dining Commons Weekly Menu
#### August 22, 2022 – August 28, 2022

<table>
<thead>
<tr>
<th>MONDAY August 22</th>
<th>TUESDAY August 23</th>
<th>WEDNESDAY August 24</th>
<th>THURSDAY August 25</th>
<th>FRIDAY August 26</th>
<th>SATURDAY August 27</th>
<th>SUNDAY August 28</th>
</tr>
</thead>
</table>

**WEEKDAY BREAKFAST 7:15 - 9:30 am**
- Fresh Fruit, Yogurt, Cereal, Breakfast Pastries Bar, *^Vegetarian and GF)*, **Breakfast Potatoes and Daily Breakfast Special of the Day**

**LUNCH 11:00 am – 2:00 pm**

- **Pizza:** Pizza and Pasta of the Day (Meat, Vegetarian and GF)
- **Classic:** ^Peruvian Style Chicken Stew
- **^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:** ^Arroz Ala Cubana and ^Chile Lime Blackened Tilapia
- **^Steamed Rice and **Fried Sweet Plantains
- **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 **Stewed Vegetables
- **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 **Stewed Vegetables
- **Kettle:** Soup of the Day (Vegan and Meat)

- **Pizza:** Pizza and Pasta of the Day (Meat, Vegetarian and GF)
- **Classic:** ^Thai Basil Ground Chicken with ^Tamarind Tofu and Vegetables, ^Steamed Rice and **Sautéed Greens
- **Kettle:** Soup of the Day (Vegan and Meat)

**DINNER 5:00 pm – 8:00 pm**

- **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:** Chef's Special
- **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:** Chef's Special
- **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 Almondine with ^Wild Rice Pilaf and Dried Fruit and **Roasted Potatoes
- **Vegan and Vegetarian:** Chef's Special
- **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:** Chef's Special
- **Kettle:** Soup of the Day (Vegan and Meat)

- **Pizza:** Pizza and Pasta of the Day (Meat, Vegetarian and GF)
- **Classic:** ^Chicken Enchilada Casserole and ^Chipotle Lime Shrimp with **Rice Pilaf and **Corn Tortilla
- **Vegan and Vegetarian:** Chef's Special
- **Kettle:** Soup of the Day (Vegan and Meat)

- **Pizza:** Pizza and Pasta of the Day (Meat, Vegetarian and GF)
- **Classic:** ^Mongolian Beef, ^Crispy Ginger Soy Cod with **Vegetable Chow Mein, Fried Rice and **Spring Roll
- **Vegan and Vegetarian:** Chef's Special
- **Kettle:** Soup of the Day (Vegan and Meat)

**WEEKEND BRUNCH 9:30 – 2:00 pm**
- Fresh Fruit, Yogurt, Cereal, Breakfast Pastries Bar, *^Vegetarian and GF)*, **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**

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