# I-House Dining Commons Weekly Menu
## September 6 – September 12, 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**
- **Herbivore: **Basil Pesto Cheese Ravioli with Garlic Bread
  - **Classic: **Shrimp Po’ Boy Sandwich with **Tangy Cole Slaw and Chicken Fried Steak with **Mashed Potatoes, Country Gravy, Collard Greens and Brown Butter Cinnamon Corn Bread
  - Kettle: *Barley Vegetable Soup
- **Herbivore: **Black Bean and Corn Enchiladas with **^Spanish Rice, **^Pinto Beans and Queso Fresco
  - **Classic: **NACHO BAR with Ground Beef and ^Vegan Beyond Meat with *Pico De Gallo, ^Salsa Molcajete, Nacho Cheese Sauce and ^Corn Tortilla Chips
  - Kettle: **^Carrot Ginger Soup
- **Herbivore: **Vegetable Tempura with Dipping Sauce
  - **Classic: **(Halal) BBQ Grilled Chicken Teriyaki or **Tofu with Steamed Rice and **Yakisoba Stir Fry and Asian Vegetables
  - Kettle: **Miso and Tofu Soup
- **Herbivore: **White Truffle Manicotti Alfredo with Garlic Bread
  - **Classic: **Hungarian Beef or Beyond Meat Goulash with Creamy Sour cream Potato, Steamed Rainbow Carrots and Sautééd Garlic Swiss Chards
  - Kettle: **Butternut Squash Soup
- **Herbivore: **Tofu Bimbimbap with Pickled Cubembers, Sautééd Bean Sprouts and Carrots, Kimchi over Rice and Fried Egg
  - **Classic: **Cuban Lechon Asado with *^Arroz con Frijoles Negro, **^Yuca con Mojo
  - Kettle: **Yucca Green Split Pea Soup

**DINNER 4:00 pm - 8 pm**
- **Herbivore: **Tofu, Dried Fruit and Corn Bread Stuffing
  - **Classic: **Rosemary Herb Roasted Turkey with *Mashed Potato, Gravy, **^Green bean Casserole and **Canned Sweet Potatoes
  - Wok: *California Roll with Seaweed Salad
  - Kettle: **Vegetarian Corn Chowder
- **Herbivore: **Tofu Etouffee with Steamed Rice and Collard Greens
  - **Classic: **Shrimp and Grits with Smoky Tomato Ragout
  - Wok: Orange Chicken and **Chinese Broccoli and Wood ear Mushrooms
  - Kettle: **^Vegetarian Gumbo
- **Herbivore: **Vegetarian Biryani with Garlic Naan, Cilantro Mint Chutney and Raita
  - **Classic: **Pork Schnitzel and *Lemon Dill White Fish with **Roasted Herb Potatoes, **^Braised Red Cabbage, **Cucumber Dill Sauce and Lemon Wedge
  - Kettle: **^Vegetarian Borscht
- **Herbivore: **Beyond Meat Sheppard’s Pie
  - **Classic: **Feijoada (Black Bean Sausage Stew) and Moqueca Baiana (Tomato Coconut Fish Stew) with **Steamed Rice and **Sautéed Peppers and Squash
  - Kettle: Classic Chicken Noodle Soup
- **Herbivore: **Five Spiced BBQ Tofu with Peppers, Baby Corn and Sweet Onions
  - **Classic: **BBQ Pork Ribs and *BBQ Shrimp with **Baked Beans, **Fried Okra and Sautééd **Green Beans
  - Wok: *House Combination Fried Rice
  - Kettle: **^Vegetarian Beyond Meat Chili
- **Herbivore: **Thai Lemongrass and Ginger Tofu and Eggplant Stir Fry
  - **Classic: **Gra Praw thai Sweet Basil Ground Chicken
  - Wok: **Vegetarian Pad Thai with Bean Sprout, Scallions and Lime
  - Kettle: **^Tom Yum Vegetable Tamarind Soup
- **Herbivore: **^Baked Tofu Mole with Cotija Cheese and Cilantro
  - **Classic: **Pork Chile Colorado and **Chili Lime Tilapia with **Spanish Rice, **Frijoles Charro, **Pico De Gallo, and **Corn Tortilla
  - Kettle: **^Vegetarian Albondigas

**WEEKEND BRUNCH 9:00 am – 3:00 pm**
- **^Fruit and **Yogurt Bar, **Assorted Breakfast Pastries and **Donuts, **Bagel Bar, Assorted Quiches (Vegetarian Available), ^Bacon, ^Sausage, **Breakfast Potatoes and Chef Abbie’s Brunch Special (Halal, Vegan and Vegetarian Available)

*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.