



# I-House Dining Commons Weekly Menu

## August 8, 2022 – August 14, 2022



| MONDAY<br>August 8 | TUESDAY<br>August 9 | WEDNESDAY<br>August 10 | THURSDAY<br>August 11 | FRIDAY<br>August 12 | SATURDAY<br>August 13 | SUNDAY<br>August 14 |
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**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

**LUNCH 11:00 am – 2:00 pm**

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| <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> ^Grilled Chicken with Creamy Dijon Mushroom Sauce and ^Barley Stuffed Portobello Mushroom Balsamic Fig Glaze, ^Roasted Potatoes and Kale<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> | <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> Salisbury Steak with Mushroom Brown Gravy and Oven ^Roasted Tofu Steak with ^Chimichurri Sauce, ^Rice Pilaf and ^Sautéed Greens<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> | <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> ^Japanese Style Chicken Curry and ^Teriyaki Roasted Tofu Steak with ^Steamed White Rice and ^Sautéed Greens<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> | <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> Orange Chicken, ^Tofu Chop Suey, ^Steamed Asian Greens and ^Vegetable Spring Roll<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> | <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> Rigatoni Bolognese with Pepper Cream Sauce and Vegetarian Pumpkin Ravioli with Vegan Cream Sauce and Toasted Pine Nuts with ^Steamed Vegetables<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> |
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**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.

**\*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**

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| <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> ^Vietnamese Pho with Chicken or Tofu, Rice Noodles, Bean Sprouts, Basil, Mint, Cilantro, Limes, Jalapeno, Lettuce, Onions, Hoisin Sauce, Fish Sauce and Sambal<br/> <b>Vegan and Vegetarian:</b> Chef's Special<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> | <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> ^Jamaican Jerk Chicken, ^Nigerian Style Tilapia Fish with ^Jollof Rice and ^Kelewele<br/> <b>Vegan and Vegetarian:</b> Chef's Special<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> | <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> ^Hainanese Chicken and Rice, ^Shrimp in Lobster Sauce with ^Fried Rice and ^Vegetarian Chow Mein<br/> <b>Vegan and Vegetarian:</b> Chef's Special<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> | <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> ^Pork Adobo with Potatoes and Egg, ^Oven Roasted Trout with Tomato and Onion Sofrito, ^Garlic Rice and ^Vegan Pancit<br/> <b>Vegan and Vegetarian:</b> Chef's Special<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> |
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**DINNER 5:00 pm - 8:00 pm**

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| <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> ^Puerto Rican Style Chicken Stew and ^Roasted Fish with Bell peppers and Onions with ^Yellow Rice and Black Beans<br/> <b>Vegan and Vegetarian:</b> Chef's Special<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> | <p><b>Pizza:</b> Pizza and Pasta of the Day (Meat, Vegetarian and GF)<br/> <b>Classic:</b> ^Beef Burgundy and ^Oven Roasted Swordfish with Lemon and Parsley Gremolata, ^Creamy Mashed Potato and ^Wild Rice Pilaf<br/> <b>Vegan and Vegetarian:</b> Chef's Special<br/> <b>Kettle:</b> Soup of the Day (Vegan and Meat)</p> |
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