I-House Dining Commons Weekly Menu  
October 9, 2023 – October 15, 2023

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 9</td>
<td>October 10</td>
<td>October 11</td>
<td>October 12</td>
<td>October 13</td>
<td>October 14</td>
<td>October 15</td>
</tr>
</tbody>
</table>

**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**

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** ^Khorest Ghormeh Sabz (Chicken), Koobideh (Beef), Tahdig (Rice), Saffron Rice, Mosama Khorest (Vegetarian Stew)  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** ^Smoked Chicken BBQ, *BBQ Tofu, Mashed Potatoes, Mac and Cheese, *Sautéed Garlic Green Beans and Corn Succotash  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** Beef Rouladen, Chicken Schnitzel, Vegetable Strudel, German Potato Salad, Pretzels, Orzo Pasta and Herbs, Vegetable of the Day  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** Tandoori Chicken, Tandoori Fish, Palak Paneer, Chana Dal, Rice Pulao, Naan, Raita, Chutney  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** Kaffir Lime Ginger Roasted Chicken, Crispy Tamarind Vegan Tofu, Steamed Jasmine Rice, Pad Thai and Sautéed Greens  
**Kettle:** Soup of the Day (Vegan and Meat)

**DINNER 5:00 pm – 8:00 pm**

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** ^Laksa Coconut Curry with Chicken, Shrimp, *Crispy Tofu, Cilantro, Baby Corn, Carrots, Bok choy, Rice Noodles, Lime, Jalapenos, Crispy Garlic and Vegetable Spring Roll  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** ^Korean Style BBQ Chicken, Beef Bulgogi ^ Gojuchang Tilapia, Steamed Rice and *Steamed Vegetables  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** *Chicken Pastor BBQ, *Tofu Fajitas, Chile Relleno, Spanish Rice, *Black Bean with Soyrizo and *Steamed Vegetables  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** Coq Au Vin, Cod with Beurre Blanc, Vegetarian Lasagna, Creamy Mashed Potatoes, Roasted Vegetable Medley,  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** *Braised Italian Beef Stew with Creamy Herb Polenta, Pasta, Dill Lemon Salmon with Tzatziki, *Lentil White Bean Squash Stew, Steamed Vegetables and Steamed Herb Potato  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** *Sweet and Sour Crispy Fish, *Beef and Broccoli, *Steamed Rice, *Sweet and Sour Tofu and *Steamed Vegetables  
**Kettle:** Soup of the Day (Vegan and Meat)

**Pasta and the Day (Meat, Vegetarian and GF)**  
**Classic:** *Chicken Enchilada Verde, Vegetable Enchilada with Red Sauce, Arroz Blanco, Steamed Vegetables  
**Kettle:** Soup of the Day (Vegan and Meat)

**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