### EAST COMMONS   SUNDAY’S MENU

## HOME ZONE

### BREAKFAST
- Scrambled Eggs
- Grits
- Bacon Cheddar Frittata
- Oatmeal
- Turkey Bacon
- Fried Pork Chops
- Potatoes O’ Brien

### LUNCH
- Breakfast for Lunch

### DINNER
- Chicken Enchiladas
- Baked Tilapia w/ Pico de Gallo
- Mexican Style Corn
- Spanish Yellow Rice
- Fresh Steamed Broccoli
- Cumin spiced Carrots w/ Red Pepper
- Vegetarian Meatless Lasagna
- Parmesan Polenta

## MONGOLIAN GRILL   LUNCH & DINNER

### ENTREÉS
- Sesame Chicken
- Mongolian Pork
- General Tso’s Cauliflower

### SIDES
- White, Brown & Fried Rice
- Garlic & Ginger French Fries
- Egg Rolls
- Seasoned Noodles
- Garlic Broccoli
- Steamed Oriental Vegetable Blend

## ACTION STATION

### NACHO BAR
Pile your plate high at our nacho station with plenty of proteins and toppings to choose from.

### SALAD BAR
LUNCH & DINNER
Enjoy a freshly prepared Garden Salad packed with leafy greens and toppings of your choosing.

### SOUP STATION
LUNCH & DINNER
Chef’s Choice soups! Assorted flavors daily based on availability of seasonal ingredients.

### STONE BAKED PIZZA
LUNCH & DINNER
- Barbecue Chicken Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

### DELI STATION
LUNCH & DINNER
Try one of our delicious, customizable “Grab n’ Go” deli sandwich or wrap options.

### GRILL STATION

### BREAKFAST
- Buttermilk Pancakes

### LUNCH & DINNER
- Crispy Chicken Sandwiches
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

### BAKERY STATION

### BREAKFAST
- Biscuits
- Lemon Muffins
- Cinnamon Brown Sugar Muffins

### DESSERT BAR
LUNCH & DINNER
- Chocolate-Praline Pecan Cake
- Chocolate Chip Cookies

---

- If you have severe allergies to specific foods, please ask to speak to management at either of our dining halls. Our managers and chefs will work to accommodate your dietary needs.
- Ingredients available at the various made-to-order and self-serve stations are subject to change based upon availability.
# Home Zone

## Breakfast
- Scrambled Eggs
- Grits
- 3 Cheese Frittata
- Oatmeal
- Turkey Sausage Links
- Pork Sausage Links
- Tater Tots

## Lunch
- Grilled chicken w/ Pesto Cream Sauce
- Baked Ziti
- Grilled Zucchini
- White Rice Pilaf
- Steamed Vegetable Blend
- Roasted Button Mushrooms
- Vegetarian Stuffed Peppers
- Steamed Broccoli

## Dinner
- Chicken Parmesan
- Stuffed Shells w/ Garlic Cream Sauce
- Herb Crusted Potatoes
- Corn on the Cob
- Steamed Green Beans
- Sautéed Spinach w/ Bacon
- Vegetarian Grilled Plenta w/ Romesco
- Steamed Vegetable Blend

## Mongolian Grill

### Lunch & Dinner

#### Entrees
- Madras Curry Chicken
- Beef and Broccoli
- Curried Tofu

#### Sides
- White, Brown & Fried Rice
- Garlic and Ginger French Fries
- Egg Rolls
- Seasoned Noodles

#### Power Bowl Bar
- Build yourself a hearty meal with a range of filling proteins, grains, vegetables, and dressings.

#### Salad Bar
- Enjoy a freshly prepared Garden Salad packed with leafy greens and toppings of your choosing.

#### Soup Station
- Chef’s Choice soups! Assorted flavors daily based on availability of seasonal ingredients.

## Stone Baked Pizza

### Lunch & Dinner

- Margherita Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

## Deli Station

### Breakfast
- Enjoy delicious fresh selections of fruit, yogurt, and granola!

### Lunch & Dinner
- Try one of our delicious, customizable “Grab n’ Go” deli sandwich or wrap options.

## Grill Station

### Breakfast
- Buttermilk Pancakes

### Lunch & Dinner
- Buffalo Chicken Wraps
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

## Bakery Station

### Breakfast
- Biscuits
- Confetti Muffins
- Blueberry Loaf Bread

## Dessert Bar

### Lunch & Dinner
- Vanilla Cake w/ Cookies & Cream Icing
- Fudgey Chocolate Brownies

---

- If you have severe allergies to specific foods, please ask to speak to management at either of our dining halls. Our managers and chefs will work to accommodate your dietary needs.
- Ingredients available at the various made-to-order and self-serve stations are subject to change based upon availability.
EAST COMMONS TUESDAY’S MENU

HOME ZONE

BREAKFAST
Scrambled Eggs
Grits
Denver Scramble
Oatmeal
Turkey Sausage Patties
Pork Sausage Links
Breakfast Potatoes

LUNCH
Chicken Fricassee
Smothered Steak
Buttered Corn
Garlic Mashed Potatoes
Honey Glazed Carrots
Southern Style Green Beans
Vegetarian Falafel Sliders
Sautéed Green Beans

DINNER
Roast Round Top
Rosemary Lemon Pepper Chicken
Creamed Spinach
Black Eyed Peas w/ Rice
Broccoli w/ Cheese Sauce
Sautéed Summer Squash Medley
Vegetarian Spinach Lasagna
Lima Beans

MONGOLIAN GRILL LUNCH & DINNER

ENTRÉES
Taco Chicken
Taco Beef
Southwest Meatless Crumbles

SIDES
Mexican Style Rice
Grilled Tortillas
Refried Beans
Beef Chili
Queso Cheese Sauce
Assorted Burrito Toppings

ACTION STATION ASIAN NOODLE BOWLS
With plenty of sauces, proteins, and vegetables to choose from, let us craft the perfect bowl for you.

SALAD BAR LUNCH & DINNER
Enjoy a freshly prepared Garden Salad packed with leafy greens and toppings of your choosing.

SOUP STATION LUNCH & DINNER
Chef’s Choice soups! Assorted flavors daily based on availability of seasonal ingredients.

STONE BAKED PIZZA LUNCH & DINNER
Hawaiian Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

DELI STATION LUNCH & DINNER
Try one of our delicious, customizable “Grab n’ Go” deli sandwich or wrap options.

GRILL STATION
BREAKFAST
Buttermilk Pancakes

LUNCH & DINNER
Andouille Po-Boy w/ Creole Sauce
Vegetarian Burgers
Turkey Burgers
Hamburgers

BAKERY STATION BREAKFAST
Biscuits
Chocolate Chip Muffins
Banana Overnight Oats

DESSERT BAR LUNCH & DINNER
Rice Krispy Treats
Chocolate Cake w/ Chocolate Frosting

• If you have severe allergies to specific foods, please ask to speak to management at either of our dining halls. Our managers and chefs will work to accommodate your dietary needs.
• Ingredients available at the various made-to-order and self-serve stations are subject to change based upon availability.
**HOME ZONE**

**BREAKFAST**
- Scrambled Eggs
- Grits
- Chorizo Frittata
- Oatmeal
- Turkey Bacon
- Pork Bacon
- Breakfast Potatoes

**LUNCH**
- Broccoli and Shrimp Alfredo
- Baked Lemon Pepper Chicken
- Loaded Baked Potatoes Wild Rice Pilaf
- Lima Beans
- Fried Okra
- Vegetarian Stuffed Shells w/ Garlic Cream Sauce
- Israeli Couscous Risotto

**DINNER**
- Tuscan Garlic Chicken
- Classic Beef Lasagna
- Red Kidney Beans
- Roasted Red Potatoes
- Broccoli Au Gratin
- Brown Rice Pilaf
- Vegetarian Eggplant Parmesan
- Cannellini Beans

**MONGOLIAN GRILL**

**ENTRÉES**
- Grilled Chicken Breasts
- Braised Chickpeas
- Grilled Marinated Tofu

**SIDES**
- Vegetable Couscous
- Quinoa & Rice Blend
- Brown Rice
- White Rice
- Steamed Edamame
- Roasted Mushrooms
- Summer Stir Fry
- Garlic Broccoli

**ACTION STATION**

**PASTA BAR**
With plenty of sauces, proteins, and vegetables to choose from, let us craft the perfect meal for you.

**SALAD BAR**

**LUNCH & DINNER**
Enjoy a freshly prepared Garden Salad packed with leafy greens and toppings of your choosing.

**SOUP STATION**

**LUNCH & DINNER**
Chef’s Choice soups! Assorted flavors daily based on availability of seasonal ingredients.

**STONE BAKED PIZZA**

**LUNCH & DINNER**
- Supreme Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

**DELI STATION**

**BREAKFAST**
Enjoy delicious fresh selections of fruit, yogurt, and granola!

**LUNCH & DINNER**
Try one of our delicious, customizable “Grab n’ Go” deli sandwich or wrap options.

**GRILL STATION**

**BREAKFAST**
- Buttermilk Pancakes

**LUNCH & DINNER**
- BBQ Chicken Sandwich Sandwiches
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

**BAKERY STATION**

**BREAKFAST**
- Biscuits
- Brown Sugar Muffins
- Fruit & Honey Oatmeal Bars

**DESSERT BAR**

**LUNCH & DINNER**
- Lemon Cupcakes w/ Vanilla Frosting
- Chocolate Chip Blondies

---

- If you have severe allergies to specific foods, please ask to speak to management at either of our dining halls. Our managers and chefs will work to accommodate your dietary needs.
- Ingredients available at the various made-to-order and self-serve stations are subject to change based upon availability.
### EAST COMMONS

#### THURSDAY’S MENU

---

**HOME ZONE**

**BREAKFAST**
- Scrambled Eggs
- Grits
- Sausage Potato Scramble
- Oatmeal
- Turkey Sausage Links
- Smoked Sausage Patties
- Hash Brown Casserole

**LUNCH**
- Hoisin Pork Loin w/ Grilled Scallions
- Sweet Chili Chicken
- Roasted Squash
- Jasmine Rice
- Steamed Broccoli
- Steamed Vegetable Blend
- Grilled Portabella Mushrooms
- Steamed Carrots

**DINNER**
- Chicken Pot Pie
- Country Fried Steak w/ Brown Gravy
- Ranch Seasoned Potatoes
- Creamed Spinach
- Tater Tot Casserole
- Black Eyed Peas
- Vegetarian Stuffed Peppers
- Pinto Beans

---

**MONGOLIAN GRILL**

**ENTRÉES**
- Butter Chicken
- Roasted Pork w/ Garlic Sauce
- Grilled Teriyaki Portabella Mushrooms

**SIDES**
- White, Brown & Fried Rice
- Egg Rolls
- Seasoned Noodles
- Stir Fried Green Beans
- Garlic Broccoli
- Stir Fried Cabbage

---

**ACTION STATION**

**POWER BOWL BAR**
- Build yourself a hearty meal with a range of filling proteins, grains, vegetables, and dressings.

**SALAD BAR**
- Enjoy a freshly prepared Garden Salad packed with leafy greens and toppings of your choosing.

**SOUP STATION**
- Chef’s Choice soups! Assorted flavors daily based on availability of seasonal ingredients.

---

**STONE BAKED PIZZA**

**LUNCH & DINNER**
- Chicken Pesto Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

---

**DELI STATION**

**BREAKFAST**
- Enjoy delicious fresh selections of fruit, yogurt, and granola!

**LUNCH & DINNER**
- Try one of our delicious, customizable “Grab n’ Go” deli sandwich or wrap options.

---

**GRILL STATION**

**BREAKFAST**
- Buttermilk Pancakes

**LUNCH & DINNER**
- Chili Dogs
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

---

**BAKERY STATION**

**BREAKFAST**
- Biscuits
- Blueberry Muffins
- Chewy Chocolate Bars

---

**DESSERT BAR**

**LUNCH & DINNER**
- Peanut Butter Chocolate Brownies
- Cheesecake Cups

---

- If you have severe allergies to specific foods, please ask to speak to management at either of our dining halls. Our managers and chefs will work to accommodate your dietary needs.
- Ingredients available at the various made-to-order and self-serve stations are subject to change based upon availability.
# EAST COMMONS • FRIDAY’S MENU

## HOME ZONE

### BREAKFAST
- Scrambled Eggs
- Grits
- Bacon Cheddar Frittata
- Oatmeal
- Turkey Sausage
- Pork Bacon
- Potatoes O’ Brien

### LUNCH
- Baked Spaghetti
- Southern Fried Pollock
- Red Kidney Beans
- Macaroni & Cheese
- Summer Squash Casserole
- Sautéed Green Beans
- Vegetarian Eggplant Parmesan
- Herb Crusted Potatoes

### DINNERS
- Jamaican Jerk Chicken Drumsticks
- Blackened Tilapia w/ Creole Sauce
- Buttered Corn
- Fried Plantains
- Roasted Curry Cauliflower
- Caribbean Style Black Beans
- Vegetarian Falafel Sliders
- Steamed Vegetable Blend

## MONGOLIAN GRILL • LUNCH & DINNER

### ENTREÉS
- Orange Chicken
- Mongolian Pork
- Curries Cauliflower

### SIDES
- White, Brown & Fried Rice
- Pot Stickers
- Ginger and Garlic French Fries
- Vegetable Lo Mein

### ACTION STATION

### SCRUMMABLE BAR
- Have a made-to-order custom omelet with plenty of delicious toppings to choose from.

### SALAD BAR • LUNCH & DINNER
- Enjoy a freshly prepared Garden Salad packed with leafy greens and toppings of your choosing.

### SOUP STATION • LUNCH & DINNER
- Chef’s Choice soups! Assorted flavors daily based on availability of seasonal ingredients.

### STONE BAKED PIZZA • LUNCH & DINNER
- Broccoli & Cheese Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

### DELI STATION

### BREAKFAST
- Enjoy delicious fresh selections of fruit, yogurt, and granola!

### LUNCH & DINNER
- Try one of our delicious, customizable “Grab n’ Go” deli sandwich or wrap options.

### GRILL STATION

### BREAKFAST
- Buttermilk Pancakes

### LUNCH & DINNER
- Patty Melts
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

### BAKERY STATION

### BREAKFAST
- Biscuits
- Peach Muffins
- Horchata Overnight Oats

### DESSERT BAR • LUNCH & DINNER
- Pecan Pie Bars
- Vanilla Pound Cake

---

- If you have severe allergies to specific foods, please ask to speak to management at either of our dining halls. Our managers and chefs will work to accommodate your dietary needs.
- Ingredients available at the various made-to-order and self-serve stations are subject to change based upon availability.
# East Commons Saturday’s Menu

## Home Zone

### Breakfast
- Scrambled Eggs
- Grits
- 3 Cheese Frittata
- Oatmeal
- Fried Chicken Thighs
- Pork Sausage Links
- Tater Tots

### Lunch
- Breakfast for Lunch

### Dinner
- Chicken Fettuccine Alfredo
- Italian Herb Crusted Pork Loin
- Steamed Red Potatoes
- Sautééd Yellow Squash
- Wild Rice Pilaf
- Parmesan Polenta
- Grilled Portabella Mushrooms
- Kidney Beans

## Mongolian Grill

### Lunch & Dinner

#### Entrees
- Bang Bang Chicken
- Pork Chop Suey
- Bang Bang Tofu

#### Sides
- White, Brown & Fried Rice
- Garlic Broccoli
- Pot Stickers
- Steamed Oriental Vegetable Blend
- Egg Rolls
- Seasoned Noodles

## Action Station

### Tater Tot Bar
Pile on your favorite toppings and enjoy this bite-sized classic with a custom twist!

### Salad Bar
Enjoy a freshly prepared Garden Salad packed with leafy greens and toppings of your choosing.

### Soup Station
Chef’s Choice soups! Assorted flavors daily based on availability of seasonal ingredients.

## Stone Baked Pizza

### Lunch & Dinner
- Bacon Cheeseburger Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

## Deli Station

### Breakfast
Enjoy delicious fresh selections of fruit, yogurt, and granola!

### Lunch & Dinner
Try one of our delicious, customizable “Grab n’ Go” deli sandwich or wrap options.

## Grill Station

### Breakfast
- Buttermilk Pancakes

### Lunch & Dinner
- Crispy Chicken Sandwiches
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

## Bakery Station

### Breakfast
- Biscuits
- Banana Muffins
- Honey Oatmeal Bars

### Lunch & Dinner
- Confetti Cake w/ Vanilla Icing
- Strawberry Shortcake Cookies

---

- If you have severe allergies to specific foods, please ask to speak to management at either of our dining halls. Our managers and chefs will work to accommodate your dietary needs.
- Ingredients available at the various made-to-order and self-serve stations are subject to change based upon availability.