HOME ZONE

BREAKFAST
Scrambled Eggs
Grits
Denver Scramble
Oatmeal
Grilled Chicken Breasts
Pork Sausage Patties
Breakfast Potatoes

LUNCH
Breakfast for Lunch

DINNER
Southwest Chicken Pasta
Mexican Lasagna
Grilled Onions & Peppers
Yellow rice
Mexican Style Corn
Steamed Broccoli & Cauliflower
Vegetarian Enchiladas
Black Beans

MONGOLIAN GRILL

ENTRÉES
Mongolian Chicken
Pepper Steak
Sweet Chili Tofu

SIDES
White, Brown & Fried Rice
Garlic & Ginger French Fries
Egg Rolls
Vegetable Lo Mein

LUNCH & DINNER

ACTION STATION
HOT DOG BAR
With plenty of toppings to choose from, let us craft the perfect custom dog 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
Buffalo Chicken 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
Pulled Pork Barbecue Sandwiches
Vegetarian Burgers
Turkey Burgers
Hamburgers

BAKERY STATION

BREAKFAST
Biscuits
Plain Muffins
Strawberry Cheesecake Scones

DESSERT BAR
LUNCH & DINNER
Rice Krispy Treats
Sugar 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.
## EAST COMMONS MONDAY’S MENU

### HOME ZONE

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

#### LUNCH
- Chicken & Broccoli Casserole
- Crispy Fried Pork Chops
- Pinto Beans
- Baked Sweet Potato Wedges
- Southern Style Green Beans
- Steamed Vegetable Blend
- Vegetarian Falafel Sliders
- Steamed Broccoli

#### DINNER
- Herb Grilled Chicken Thighs
- Italian Sausage w/ Peppers & Onions
- Grilled Zucchini
- Brown Rice
- Bermuda Blend Vegetable Medley
- Kidney Beans
- Vegetarian Eggplant Parmesan
- Roasted Mushrooms

### MONGOLIAN GRILL LUNCH & DINNER

#### ENTREÉS
- Mongolian Chicken
- Moo Shu Pork
- Coconut Curry Tofu

#### SIDES
- White, Brown & Fried Rice
- Garlic and Ginger French Fries
- Egg Rolls
- Summer Vegetable Stir Fry
- Seasoned Noodles

### ACTION STATION ASIAN NOODLE BOWL
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
- Philly Cheesesteak 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
- Chicken Nuggets
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

### BAKERY STATION

#### BREAKFAST
- Biscuits
- Banana Nut Muffins
- Apple Granola Bars

#### DESSERT BAR LUNCH & DINNER
- Rice Krispy Treats
- Sugar 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
Sausage Potato Scramble
Oatmeal
Turkey Sausage Links
Smoked Sausage Patties
Hash Brown Casserole

LUNCH
Chicken Bruschetta
Baked Ziti
Red Kidney Beans
Corn on the Cob
Wild Rice
Fresh Steamed Broccoli
Vegetarian Tofu Parmesan
Steamed Squash

DINNER
Barbecue Ribs
Barbecue Chicken Drum Sticks
Macaroni & Cheese
Baked Beans
Southern Style Green Beans
Roasted Vegetables
Vegetarian Cauliflower Mac & Cheese
Chili Roasted Sweet Potatoes

MONGOLIAN GRILL

ENTRÉES
Grilled Chicken Breasts
Braised Chickpeas
Grilled Marinated Tofu

SIDES
Vegetable Couscous
Quinoa & Rice Blend
Brown Rice
White Rice
Seasoned Tortilla Chips
Steamed Edamame
Summer Stir Fry
Garlic Broccoli

ACTION STATION

BAKED POTATO BAR

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

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

GRILL STATION

BREAKFAST
Buttermilk Pancakes

LUNCH & DINNER
Hot Italian Wraps
Vegetarian Burgers
Turkey Burgers
Hamburgers

BAKERY STATION

BREAKFAST
Biscuits
Chocolate Chip Muffins
Blueberry Granola Bars

DESSERT BAR

LUNCH & DINNER
Hot Fudge Brownie Cobbler
Oatmeal Raisin 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.
# East Commons

## Wednesday’s Menu

### Home Zone

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

#### Lunch
- Baked Chicken Cordon Bleu
- Roasted Top Round w/ Onion Gravy
- Buttered Corn
- Mashed Red Potatoes
- Sautéed Fresh Green Beans
- Honey Ginger Carrots
- Grilled Portabella Mushrooms
- Vegetarian Couscous

#### Dinner
- Chicken Sausage Jambalaya
- Blackened Tilapia w/ Creole Sauce
- Steamed Carrots
- Red Kidney Beans
- Fried Okra
- Braised Cabbage
- Vegetarian Dirty Rice
- Vegetarian Stuffed Peppers

### Mongolian Grill

#### Lunch & Dinner

##### Entrees
- Teriyaki Chicken
- General Tso’s Ribs
- Steamed Edamame

##### Sides
- White, Brown & Fried Rice
- Roasted Mushrooms
- Egg Rolls
- Seasoned Noodles

##### Steamed Vegetables

##### Summer Vegetable Stir Fry

### Action Station

#### Macaroni & Cheese Bar
We have plenty of toppings to choose from to take your cheesy treat from ordinary to extraordinary.

### 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
- 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
- 3 Cheese Grilled Cheese Sandwiches
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

### Bakery Station

#### Breakfast
- Biscuits
- Confetti Muffins
- Chocolate Chip Granola Bars

#### Lunch & Dinner
- Peanut Butter Crispy Bars
- 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.
EAST COMMONS

THURSDAY’S MENU

HOME ZONE

BREAKFAST
Scrambled Eggs
Grits
3 Cheese Frittata
Oatmeal
Turkey Bacon
Pork Bacon
Tater Tots

LUNCH
Cheddar Stuffed Meatloaf
Homestyle Chicken Pot Pie
Roasted Mushrooms
Green Bean Casserole
Spicy Collard Greens
Garlic Mashed Potatoes
Vegetarian Meatless Lasagna
Cannellini Beans

DINNER
Ancho Pork Loin w/ Tabasco Honey
Baked Lemon Pepper Chicken
Grilled Peppers & Onions
Steamed Vegetable Blend
Tater tots
Buttered Corn
Vegetarian Farfalle w/ Broccoli
Red Kidney Beans

MONGOLIAN GRILL

ENTREES
Philly Chicken
Philly Steak
Grilled Marinated Tofu

SIDES
French Rolls
Grilled Peppers & Onions
Grilled Mushrooms
Barbecue Seasoned French Fries

ACTION STATION

PORK LOIN CARVING STATION

STONE BAKED PIZZA

ENTREES
Cajun Chicken & Sausage Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

SIDES
French Rolls
Grilled Peppers & Onions
Grilled Mushrooms
Barbecue Seasoned French Fries

DELICIOUS 

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
Loaded Pizza Wraps
Vegetarian Burgers
Turkey Burgers
Hamburgers

BAKERY STATION

BREAKFAST
Biscuits
Cranberry Raisin Muffins
Chocolate Chip Granola Bars

DESSERT BAR

LUNCH & DINNER
Carrot Cake
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.
## EAST COMMONS
### FRIDAY’S MENU

### HOME ZONE

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

#### LUNCH
- Southern Fried Pollock
- Barbecue Smoked Pulled Pork
- Steamed Red Potatoes
- Wild Rice Pilaf
- Creamed Spinach
- Sautéed Squash & Zucchini
- Vegetarian Braised Chickpeas
- Grilled Portabella Mushrooms

#### DINNER
- Barbecue Beef Tips
- Southern Fried Catfish
- White Rice
- Baked Beans
- Spicy Collard Greens
- Fried Squash
- Vegetarian Tofu Parmesan
- Cannellini Beans

### MONGOLIAN GRILL
#### LUNCH & DINNER

#### ENTREÉS
- Blackened Chicken
- Voodoo Pork
- Red Beans & Rice

#### SIDES
- White, Brown & Dirty Cajun Rice
- Étouffée Sauce
- Cajun Grits
- Creole Sauce
- Grilled Peppers & Onions
- Cajun Seasoned Vegetables

### ACTION STATION
#### SCRAMBLER 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
- Spinach & Feta Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

### DESSERT BAR
#### LUNCH & DINNER
- German Chocolate Bars
- Carnival Cookies

### GRILL STATION
#### BREAKFAST
- Buttermilk Pancakes

#### LUNCH & DINNER
- Chicken Tenders
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

### BAKERY STATION
#### BREAKFAST
- Biscuits
- Double Chocolate Muffins
- Cranberry Granola Bars

### DESSERT BAR
#### LUNCH & DINNER
- German Chocolate Bars
- Carnival 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.
### East Commons Saturday’s Menu

**Home Zone**

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

- **Lunch**
  - Breakfast for Lunch

- **Dinner**
  - Spaghetti & Meatballs
  - Baked Parmesan Tilapia
  - Parmesan Polenta
  - Crispy Sweet Potato Wedges
  - Italian Spiced Carrots
  - Creamed Spinach
  - Vegetarian Braised Chickpeas
  - Vegetarian Stuffed Peppers

**Mongolian Grill**

- **Lunch & Dinner**
  - **Entreés**
    - General Tso’s Grilled Chicken
    - Pepper Steak
    - Steamed Edamame
  - **Sides**
    - White, Brown & Fried Rice
    - Garlic & Ginger French Fries
    - Egg Rolls
    - Seasoned Noodles
    - Steam Edamame
    - Summer Vegetable Stir Fry
    - Stir Fried Green Beans

**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**
  - Loaded Pepperoni 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**
  - Barbecue Chicken Sandwiches
  - Vegetarian Burgers
  - Turkey Burgers
  - Hamburgers

**Bakery Station**

- **Breakfast**
  - Biscuits
  - Pineapple Ginger Muffins
  - CranberryGranola Bars

- **Dessert Bar**
  - **Lunch & Dinner**
    - German Chocolate Bars
    - Carnival 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.