**HOME ZONE**

**BREAKFAST**
- Scrambled Eggs
- 3 Cheese Frittata
- Classic Grits
- Oatmeal
- Turkey Bacon
- Smoked Sausage Links
- Tater Tots

**LUNCH**
- Breakfast for Lunch

**DINNER**
- Crispy Pork Loin
- Chicken Broccoli Rice Casserole
- Pinto Beans
- Fresh Roasted Cauliflower
- Vegetarian Couscous
- Ranch Steak Fries
- Vegetarian Tofu Parmesan
- Red Kidney Beans

**MONGOLIAN GRILL**

**ENTRÉES**
- Orange Roasted Chicken
- Roasted Pork w/ Garlic Sauce
- Curried Chickpeas

**SIDES**
- White, Brown & Fried Rice
- Garlic & Ginger French Fries
- Egg Rolls
- Seasoned Noodles

**ACTION STATION**

**MAC & CHEESE BAR**
We have plenty of toppings to choose from to take your cheesy treat from ordinary to extraordinary.

**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**

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

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

**DELI STATION**

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

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

**GRILL STATION**

**Bakery Station**

**BREAKFAST**
- Buttermilk Pancakes
- Biscuits
- Cinnamon Brown Sugar Muffins
- Peanut Butter & Chocolate Chip Oats

**DESSERT BAR**
- Fudgey Chocolate Brownies
- Oatmeal Raisin Cookies

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EAST COMMONS MONDAY’S MENU

HOME ZONE

BREAKFAST
Scrambled Eggs
Denver Scramble
Classic Grits
Oatmeal
Turkey Link
Pork Bacon
Breakfast Potatoes

LUNCH
Baked Ziti Pasta
Baked Chicken Parmesan
Grilled Zucchini
Sautéed Fresh Green Beans
Roasted Garlic Mashed Potatoes
Broccoli Au Gratin
Vegetarian Stuffed Peppers
Steamed Vegetable Blend

DINNER
Chicken Pot Pie
Ancho Pork Loin w/ Carolina BBQ Sauce
Herb Crusted Potatoes
Baked Beans
Macaroni & Cheese
Southern Style Green Beans
Vegetarian Dirty Rice
Black Beans

MONGOLIAN GRILL LUNCH & DINNER

ENTRÉES
Tikka Masala
Mongolian Beef
Steamed Edamame

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

ACTION STATION

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

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

STONE BAKED PIZZA
LUNCH & DINNER
Wild Mushroom 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
Beef & Bean Tacos
Vegetarian Burgers
Turkey Burgers
Hamburgers

BAKERY STATION

BREAKFAST
Biscuits
Confetti Muffins
Blueberry Loaf Bread

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

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# EAST COMMONS
## TUESDAY’S MENU

### HOME ZONE

#### BREAKFAST
- Scrambled Eggs
- Chorizo Frittata
- Classic Grits
- Oatmeal
- Turkey Sausage
- Pork Links
- Breakfast Potatoes

#### LUNCH
- Herb Butter Baked Tilapia
- Chicken Florentine
- Parmesan Polenta
- Red Kidney Beans
- Chili Roasted Sweet Potatoes
- Sautéed Yellow Squash
- Vegetarian Grilled Polenta w/ Romesco
- Lima Beans

#### DINNER
- Roasted Turkey w/ Brown Gravy
- Honey Glazed Ham
- Sautéed Green Beans
- Chicken Dressing
- Mashed Red Potatoes
- Collard Greens
- Vegetarian Braised Chickpeas
- Grilled Portabellas

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

#### ENTREÉS
- Sweet & Sour Chicken
- Pork Chop Suey
- Curried Cauliflower

#### SIDES
- White, Brown & Fried Rice
- Roasted Mushrooms
- Potstickers
- Seasoned Noodles

#### ACTION STATION

#### TATER TOT BAR
Pile on your favorite toppings and enjoy this bite-sized classic with a custom twist!

#### 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

#### 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 Pork Tacos w/ Ranch Slaw
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

#### BAKERY STATION

#### BREAKFAST
- Biscuits
- Chocolate Chip Muffins
- Banana Nut Overnight Oats

#### DESSERT BAR
#### LUNCH & DINNER
- Snowball Chocolate Cake
- Chocolate Chip Blondies

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### EAST COMMONS

#### LUNCH & DINNER

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

**LUNCH & DINNER**

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

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#### BREAKFAST

<table>
<thead>
<tr>
<th>Item</th>
</tr>
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<tbody>
<tr>
<td>Scrambled Eggs</td>
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<td>Sausage Potato Scramble</td>
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<tr>
<td>Classic Grits</td>
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<tr>
<td>Oatmeal</td>
</tr>
<tr>
<td>Turkey Bacon</td>
</tr>
<tr>
<td>Pork Bacon</td>
</tr>
<tr>
<td>Hash Brown Casserole</td>
</tr>
</tbody>
</table>

#### MONGOLIAN GRILL

**LUNCH & DINNER**

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

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#### ACTION STATION

**POWER BOWL BAR**

Build yourself a hearty meal with a range of filling proteins, grains, vegetables, and dressings.

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#### SALAD BAR

**LUNCH & DINNER**

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

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#### SOUP STATION

**LUNCH & DINNER**

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

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#### DESSERT BAR

**LUNCH & DINNER**

Chocolate Cake w/ Vanilla Frosting

Butterfinger Cookies

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EAST COMMONS  THURSDAY’S MENU

HOME ZONE

BREAKFAST
Scrambled Eggs
Bacon Cheddar Frittata
Classic Grits
Oatmeal
Turkey Links
Smoked Sausage
Potatoes O’Brien

LUNCH
Coca Cola Roasted Pork Loin
Chicken Fettuccine Alfredo
Fried Squash
Israeli Couscous Risotto
Southern Style Green Beans
Stewed Okra and Tomatoes
Vegetarian Spinach Lasagna
Pinto Beans

DINNER
Hickory BBQ Chicken
Bacon Cheeseburger Casserole
Steamed Cabbage
Chili Roasted Sweet Potato
Green Bean Casserole
Sautéed Spinach
Vegetarian Meatless lasagna
Black Beans

MONGOLIAN GRILL  LUNCH & DINNER

ENTRÉES
Bang Bang Chicken
Beef & Broccoli
Sweet Chili Tofu

SIDES
White, Brown & Fried Rice
Egg Rolls
Garlic & Ginger French Fries
Seasoned Noodles

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

DELII 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 Chip Bars

DESSERT BAR

LUNCH & DINNER
Vanilla Parfait Cups
Brownie Crinkle Cookies

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# EAST COMMONS FRIDAY’S MENU

## HOME ZONE

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

### LUNCH
- Cajun Penne Alfredo
- Blackened Tilapia w/ Creole Sauce
- Rice Pilaf
- Macaroni & Cheese
- Glazed Carrots
- Corn on the Cob
- Vegetarian Dirty Rice
- Steamed Vegetable Blend

### DINNER
- Southern Fried Pollock
- Slow Roasted BBQ Brisket
- Pinto Beans
- Fried Okra
- Loaded Baked Potatoes
- Spicy Vegetarian Collard Greens
- Vegetarian Falafel Sliders
- Wild Rice

## MONGOLIAN GRILL LUNCH & DINNER

### ENTREÉS
- Grilled Chicken Breasts
- Braised Chickpeas
- Grilled Marinated Tofu

### SIDES
- Quinoa & Rice Blend
- White or Brown Rice
- Vegetable Couscous
- Roasted Sweet Potatoes
- Roasted Vegetables
- Garlic Broccoli
- Steamed Edamame

## ACTION STATION SOFT TACO BAR

*Our Chef’s name may not be Chip or Moe, but these tacos will be sure to satisfy a big appetite!*

## 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

- Chicken Pesto 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-Boys w/ Creole Sauce
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

## BAKERY STATION

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

### DESSERT BAR LUNCH & DINNER
- Strawberry Cheesecake Cups
- Chocolate Chip & Pecan Brownies

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### EAST COMMONS SATURDAY’S MENU

#### HOME ZONE

**BREAKFAST**  
- Scrambled Eggs  
- Denver Scramble  
- Classic Grits  
- Oatmeal  
- Fried Chicken Thighs  
- Pork Sausage  
- Breakfast Potatoes

**LUNCH**  
- Breakfast for Lunch

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

**DINNER**  
- Shrimp Scampi Pasta  
- Ricotta Stuffed Pasta Shells w/ Garlic Cream Sauce  
- Sautéed Spinach  
- Fried Squash  
- Braised Cannellini Beans  
- Fresh Steamed Broccoli  
- Vegetarian Eggplant Parmesan  
- Sautéed Squash

#### MONGOLIAN GRILL LUNCH & DINNER

**ENTRÉES**  
- Mongolian Chicken  
- General Tso’s Beef  
- Mongolian Tofu

**SIDES**  
- White, Brown & Fried Rice  
- Crunchy Wontons  
- Garlic & Ginger French Fries  
- Seasoned Noodles  
- Garlic Broccoli  
- Steamed Oriental Vegetable Blend

#### ACTION STATION

**TATER TOT BAR**  
Pile on your favorite toppings and enjoy this bite-sized classic with a custom twist!

**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**  
- Chili Dogs  
- Vegetarian Burgers  
- Turkey Burgers  
- Hamburgers

**BAKERY STATION**  
**BREAKFAST**  
- Biscuits  
- Citrus Muffins  
- Honey Oatmeal Bars

**DESSERT BAR**  
**LUNCH & DINNER**  
- Oreo Blondies  
- Sugar Cookies

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