

EAST COMMONS SUNDAY'S MENU

HOME ZONE

BREAKFAST

Scrambled Eggs
Bacon Cheddar Frittata
Classic Grits
Oatmeal
Turkey Bacon
Fried Pork Chops
Potatoes O'Brien

LUNCH

Breakfast for Lunch

DINNER

Chicken Fajitas
Baked Tilapia w/ Pico de Gallo
Mexican Style Corn
Spanish Yellow Rice
Fresh Steamed Broccoli
Cilantro-Lime Black Beans

MONGOLIAN GRILL

LUNCH & DINNER

Classic Mongolian Grill Stir-fry

VEGETARIAN STATION

LUNCH & DINNER

Scrambler Bar: Enjoy custom omelets w/ plenty of toppings to choose from!

FRUIT & YOGURT BAR

ALL-DAY

Enjoy delicious fresh selections of fruit, yogurt, and granola any time of the day!

SOUP STATION

LUNCH & DINNER

Chef's Choice soups! Daily flavors based on availability of seasonal ingredients.

SALAD BAR

LUNCH & DINNER

Our salad bar is stocked with a large array of leafy greens, vegetables, proteins, and all of your favorite salad toppings.

STONE BAKED PIZZA

LUNCH & DINNER

Loaded Pepperoni Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

DELI STATION

LUNCH & DINNER

Make yourself a delicious deli sandwich with a large array of fresh proteins, vegetables, and sauces!

GRILL STATION

BREAKFAST

Buttermilk Pancakes

LUNCH & DINNER

Hamburgers
Turkey Burgers
Vegetarian Burgers
Hot Ham & Cheese Sandwiches

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.

EAST COMMONS MONDAY'S MENU

HOME ZONE

BREAKFAST

Scrambled Eggs
3 Cheese Frittata
Classic Grits
Oatmeal
Turkey Sausage Links
Pork Sausage Patties
Tater Tots

LUNCH

Grilled Chicken w/ Pesto Cream Sauce
Baked Ziti
Grilled Zucchini
Rice Pilaf
Steamed Vegetable Blend
Roasted Button Mushrooms

DINNER

Italian Herb Roasted Chicken
Classic Beef Lasagna
Herb Crusted Potatoes
Corn on the Cobb
Steamed Green Beans
Sautéed Spinach w/ Bacon

MONGOLIAN GRILL

LUNCH & DINNER

Build your own power bowl with a range of filling proteins, grains, vegetables, and dressings!

VEGETARIAN STATION

LUNCH

Ravioli w/ Tomato Florentine
Steamed Broccoli
Lima Beans

DINNER

Vegetarian Stuffed Shells w/
Garlic Cream Sauce
Steamed Red Potatoes
Kidney Beans

FRUIT & YOGURT BAR

ALL-DAY

Enjoy delicious fresh selections of fruit, yogurt, and granola any time of the day!

SOUP STATION

LUNCH & DINNER

Chef's Choice soups! Daily flavors based on availability of seasonal ingredients.

SALAD BAR

LUNCH & DINNER

Our salad bar is stocked with a large array of leafy greens, vegetables, proteins, and all of your favorite salad toppings.

STONE BAKED PIZZA

LUNCH & DINNER

Spinach & Feta Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

DELI STATION

LUNCH & DINNER

Make yourself a delicious deli sandwich with a large array of fresh proteins, vegetables, and sauces!

GRILL STATION

BREAKFAST

Buttermilk Pancakes

LUNCH & DINNER

Hamburger
Turkey Burger
Vegetarian Burger
Buffalo Chicken Wraps

BAKERY STATION

BREAKFAST

Biscuits
Confetti Muffins
Blueberry Loaf Bread

DESSERT BAR

LUNCH & DINNER

Vanilla Cake w/ Vanilla Frosting & Oreos
Fudgy 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
Denver Scramble
Classic Grits
Oatmeal
Turkey Sausage Patties
Pork Sausage Links
Breakfast Potatoes

LUNCH

Chicken Stroganoff
Smothered Steak
Ranch Steak Fries
Creamed Spinach
Tater Tot Cassarole
Black Eyed Peas

DINNER

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

MONGOLIAN GRILL

LUNCH & DINNER

Classic Mongolian Grill Stir-fry

VEGETARIAN STATION

LUNCH

Grilled Portabella Mushrooms /
Steamed vegetables
Israeli Couscous Rissotto
Pinto Beans

DINNER

Vegetarian Eggplant Parmesan
Sweet Potato Wedges
Cannellini Beans

FRUIT & YOGURT BAR

ALL-DAY

Enjoy delicious fresh selections of fruit, yogurt, and granola any time of the day!

SOUP STATION

LUNCH & DINNER

Chef's Choice soups! Daily flavors based on availability of seasonal ingredients.

SALAD BAR

LUNCH & DINNER

Our salad bar is stocked with a large array of leafy greens, vegetables, proteins, and all of your favorite salad toppings.

STONE BAKED PIZZA

LUNCH & DINNER

Southwest Taco Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

DELI STATION

LUNCH & DINNER

Make yourself a delicious deli sandwich with a large array of fresh proteins, vegetables, and sauces!

GRILL STATION

BREAKFAST

Buttermilk Pancakes

LUNCH & DINNER

Hamburger
Turkey Burger
Vegetarian Burger
Chicken Philly Wraps

BAKERY STATION

BREAKFAST

Biscuits
Chocolate Chip Muffins
Banana Nut 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.

EAST COMMONS WEDNESDAY'S MENU

HOME ZONE

BREAKFAST

Scrambled Eggs
Chorizo Frittata
Classic Grits
Oatmeal
Turkey Bacon
Pork Bacon
Breakfast Potatoes

LUNCH

Broccoli Shrimp Alfredo
Crispy Pork Chops
Loaded Baked Potato
Wild Rice Pilaf
Lima Beans
Fried Okra

DINNER

Parmesan Tilapia
Stuffed Shells w/ Garlic Cream Sauce
Red Kidney Beans
Roasted Red Potatoes
Broccoli Au Gratin
Brown Rice Pilaf

MONGOLIAN GRILL

LUNCH & DINNER

Classic Mongolian Grill Stir-fry

VEGETARIAN STATION

LUNCH

Vegetarian Spinach Lasagna
Sautéed Green Beans
Steamed Carrots

DINNER

Vegetarian Enchiladas
Sautéed Spinach
Black Beans

FRUIT & YOGURT BAR

ALL-DAY

Enjoy delicious fresh selections of fruit, yogurt, and granola any time of the day!

SOUP STATION

LUNCH & DINNER

Chef's Choice soups! Daily flavors based on availability of seasonal ingredients.

SALAD BAR

LUNCH & DINNER

Our salad bar is stocked with a large array of leafy greens, vegetables, proteins, and all of your favorite salad toppings.

STONE BAKED PIZZA

LUNCH & DINNER

Wild Mushroom Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

DELI STATION

LUNCH & DINNER

Make yourself a delicious deli sandwich with a large array of fresh proteins, vegetables, and sauces!

GRILL STATION

BREAKFAST

Buttermilk Pancakes

LUNCH & DINNER

Hamburger
Turkey Burger
Vegetarian Burger
BBQ Chicken Sandwiches

BAKERY STATION

BREAKFAST

Biscuits
Brown Sugar Muffins
Fruit & Honey Oatmeal Bar

DESSERT BAR

LUNCH & DINNER

Lemon Cupcakes w/ Vanilla Frosting
Chocolate Chip Blondie

- 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
Sausage Potato Scramble
Classic Grits
Oatmeal
Turkey Sausage Links
Smoked Sausage
Hash Brown Casserole

LUNCH

Hickory BBQ Chicken
Cola Braised Brisket
Roasted Squash
Vegetable Couscous
Steamed Broccoli
Sweet Potato Wedges

DINNER

Chicken Pot Pie
Country Fried Steak w/ Brown Gravy
Buttered Corn
Garlic Mashed Potatoes
Honey Glazed Carrots
Southern Style Green Beans

MONGOLIAN GRILL

LUNCH & DINNER

Classic Mongolian Grill Stir-fry

VEGETARIAN STATION

LUNCH

Vegetarian Eggplant Parmesan
Roasted Asparagus
Kidney Beans

DINNER

Mushroom Carbonara
Roasted Red Potatoes
Pinto Beans

FRUIT & YOGURT BAR

ALL-DAY

Enjoy delicious fresh selections of fruit, yogurt, and granola any time of the day!

SOUP STATION

LUNCH & DINNER

Chef's Choice soups! Daily flavors based on availability of seasonal ingredients.

SALAD BAR

LUNCH & DINNER

Our salad bar is stocked with a large array of leafy greens, vegetables, proteins, and all of your favorite salad toppings.

STONE BAKED PIZZA

LUNCH & DINNER

Chicken Pesto Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

DELI STATION

LUNCH & DINNER

Make yourself a delicious deli sandwich with a large array of fresh proteins, vegetables, and sauces!

GRILL STATION

BREAKFAST

Buttermilk Pancakes

LUNCH & DINNER

Hamburger
Turkey Burger
Vegetarian Burger
Patty Melt

BAKERY STATION

BREAKFAST

Biscuits
Blueberry Muffins
Chewy Chocolate Chip 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
Bacon Cheddar Frittata
Classic Grits
Oatmeal
Turkey Sausage Patties
Pork Bacon
Potatoes O'Brien

LUNCH

Baked Spaghetti
Southern Fried Pollock
Red Kidney Beans
Macaroni & Cheese
Summer Squash Casserole
Sautéed Green Beans

DINNER

Jamaican Jerk Chicken Drumsticks
Blackened Tilapia w/ Creole Sauce
Buttered Corn
Fried Plantains
Roasted Sweet Potatoes w/ Honey Butter
Caribbean Style Black Beans

MONGOLIAN GRILL

LUNCH & DINNER

Classic Mongolian Grill Stir-fry

VEGETARIAN STATION

LUNCH & DINNER

Hummus
Grilled Pita Chips
Vegetarian Toppings

FRUIT & YOGURT BAR

ALL-DAY

Enjoy delicious fresh selections of fruit, yogurt, and granola any time of the day!

SOUP STATION

LUNCH & DINNER

Chef's Choice soups! Daily flavors based on availability of seasonal ingredients.

SALAD BAR

LUNCH & DINNER

Our salad bar is stocked with a large array of leafy greens, vegetables, proteins, and all of your favorite salad toppings.

STONE BAKED PIZZA

LUNCH & DINNER

Margherita Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

DELI STATION

LUNCH & DINNER

Make yourself a delicious deli sandwich with a large array of fresh proteins, vegetables, and sauces!

GRILL STATION

BREAKFAST

Buttermilk Pancakes

LUNCH & DINNER

Hamburger
Turkey Burger
Vegetarian Burger
Crispy Chicken Sandwiches

BAKERY STATION

BREAKFAST

Biscuits
Peach Muffins
Horchata Overnight Oats

DESSERT BAR

LUNCH & DINNER

Pecan Pie Bar
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
3 Cheese Frittata
Classic Grits
Oatmeal
Fried Chicken Thighs
Pork Sausage Links
Tater Tots

LUNCH

Breakfast for Lunch

DINNER

Italian Herb Crusted Pork Loin
White Chicken Lasagna
Steamed Red Potatoes
Sautéed Yellow Squash
Wild Rice Pilaf
Parmesan Polenta

MONGOLIAN GRILL

LUNCH & DINNER

Classic Mongolian Grill Stir-fry

VEGETARIAN STATION

LUNCH & DINNER

Build Your Own Asian Salad
Marinated Tofu
Vegetarian Toppings

FRUIT & YOGURT BAR

ALL-DAY

Enjoy delicious fresh selections of fruit, yogurt, and granola any time of the day!

SOUP STATION

LUNCH & DINNER

Chef's Choice soups! Daily flavors based on availability of seasonal ingredients.

SALAD BAR

LUNCH & DINNER

Our salad bar is stocked with a large array of leafy greens, vegetables, proteins, and all of your favorite salad toppings.

STONE BAKED PIZZA

LUNCH & DINNER

Supreme Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

DELI STATION

LUNCH & DINNER

Make yourself a delicious deli sandwich with a large array of fresh proteins, vegetables, and sauces!

GRILL STATION

BREAKFAST

Buttermilk Pancakes

LUNCH & DINNER

Hamburger
Turkey Burger
Vegetarian Burger
BBQ Chicken Sandwich

BAKERY STATION

BREAKFAST

Biscuits
Banana Muffins
Honey Oatmeal Bars

DESSERT BAR

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.