

# EAST COMMONS SUNDAY'S MENU

## HOME ZONE

### BREAKFAST

Scrambled Eggs  
3 Cheese Frittata  
Classic Grits  
Oatmeal  
Turkey Bacon  
Country Fried Steak  
Tater Tots

### LUNCH

Breakfast for Lunch

### DINNER

Crispy Pork Loin  
Chicken & Broccoli Rice Casserole  
Pinto Beans  
Fresh Roasted Cauliflower  
Israeli Couscous Rissoto  
Ranch Steak Fries

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-fry

## VEGETARIAN STATION

### LUNCH & DINNER

Scrambler: 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

Buffalo Chicken 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  
Chili Dogs

## BAKERY STATION

### BREAKFAST

Biscuits  
Cinnamon Brown Sugar Muffins  
Chocolate Chip Peanut Butter

## DESSERT BAR

### LUNCH & DINNER

Fudgy Chocolate Brownies  
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 MONDAY'S MENU

## HOME ZONE

### BREAKFAST

Scrambled Eggs  
Denver Scramble  
Classic Grits  
Oatmeal  
Turkey Sausage Links  
Pork Bacon  
Breakfast Potatoes

### LUNCH

Baked Ziti Pasta  
Grilled Marinated Chicken Breast  
Grilled Zucchini  
Sautéed Fresh Green Beans  
Roasted Garlic Mashed Potatoes  
Broccoli Au Gratin

### DINNER

Chicken Pot Pie  
Beef Stroganoff w/ Egg Noodles  
Herb Crusted Potatoes  
Baked Beans  
Macaroni & Cheese  
Southern Style Green Beans

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-fry

## VEGETARIAN STATION

### LUNCH

Tofu Parmesan  
Sautéed Spinach  
Cannelli Beans

### DINNER

Falafel  
Vegetable Couscous  
Cumin Spiced Carrots

## 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  
Beef & Bean Tacos

## BAKERY STATION

### BREAKFAST

Biscuits  
Confetti Muffins  
Blueberry Loaf Bread

## DESSERT BAR

### LUNCH & DINNER

Vanilla Cupcakes w/ Chocolate Frosting  
Rice Krispy Treats

- 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  
Chorizo Frittata  
Classic Grits  
Oatmeal  
Turkey Sausage Patties  
Pork Links  
Breakfast Potatoes

### LUNCH

Herb Butter Baked Tilapia  
Chicken Florentine  
Parmesan Polenta  
Red Kidney Beans  
Chili Roasted Sweet Potatoes  
Sautéed Yellow Squash

### DINNER

Roasted Turkey w/ Brown Gravy  
Beef Alfredo Pasta  
Sautéed Green Beans  
Chicken Dressing  
Mashed Red Potato  
Collard Greens

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-fry

## VEGETARIAN STATION

### LUNCH

Mushroom Carbonara  
Steamed Broccoli  
Fried Squash

### DINNER

Vegetable Lo Mein  
Jasmine Rice  
Teriyaki Green 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

BBQ Chicken 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  
Cajun Chicken Wraps

## BAKERY STATION

### BREAKFAST

Biscuits  
Chocolate Chip Muffins  
Banana Nut Overnight Oats

## DESSERT BAR

### LUNCH & DINNER

Snowball Chocolate Cake  
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 WEDNESDAY'S MENU

## HOME ZONE

### BREAKFAST

Scrambled Eggs  
Sausage & Potato Scramble  
Classic Grits  
Oatmeal  
Turkey Bacon  
Pork Bacon  
Hash Brown Casserole

### LUNCH

Smoked Applewood Chicken w/  
Alabama White Sauce  
Cheddar Stuffed Meatloaf  
Corn on the Cobb  
Ranch Steak Fries  
Creamed Spinach  
Vegetarian Couscous

### DINNER

Cajun Penne Pasta  
Herb Encrusted Pork Loin  
Lima Beans  
Fried Okra  
Honey Glazed Carrots  
Braised White Cabbage

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-fry

## VEGETARIAN STATION

### LUNCH

Vegetarian Stuffed Peppers  
Curried Cauliflower  
Brown Rice Pilaf

### DINNER

Spaghetti w/ Vegetarian  
Bolognese  
Steamed Red Potatoes  
Steamed Vegetable Blend

## 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

Bacon Cheeseburger 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 Nuggets

## BAKERY STATION

### BREAKFAST

Biscuits  
Brown Sugar Muffins  
Fruit & Honey Oatmeal Bar

## DESSERT BAR

### LUNCH & DINNER

Chocolate Cake w/ Vanilla Frosting  
Butterfingers 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  
Bacon Cheddar Frittata  
Classic Grits  
Oatmeal  
Turkey Sausage Links  
Smoked Sausage  
Potatoes O'Brien

### LUNCH

Hickory BBQ Chicken  
Bacon Cheeseburger Casserole  
Steamed Vegetable Blend  
Chili Roasted Sweet Potato  
Green Bean Casserole  
Sautéed Spinach

### DINNER

Salisbury Steak  
Chicken Fettucini Alfredo  
Fried Squash  
Israeli Couscous Rissoto  
Southern Style Green Beans  
Stewed Okra and Tomatoes

## MONGOLIAN GRILL

### LUNCH & DINNER

Build your own Hoagie Sub

## VEGETARIAN STATION

### LUNCH

Grilled Tofu w/ Hoisin Honey Glaze  
Roasted Mushrooms  
Steamed Baby Carrots

### DINNER

Grilled Portabella Mushrooms  
Spinach Quinoa  
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

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  
Patty Melts

## BAKERY STATION

### BREAKFAST

Biscuits  
Blueberry Muffins  
Chewy Chocolate Chip Bar

## DESSERT BAR

### LUNCH & DINNER

Vanilla Parfait Cups  
Brownie Crinkle 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  
3 Cheese Frittata  
Classic Grits  
Oatmeal  
Turkey Sausage Patties  
Pork Links  
Tater Tots

### LUNCH

Cajun Penne Alfredo  
Chili Rubbed Tilapia w/ Pico de Gallo  
Rice Pilaf  
Macaroni & Cheese  
Honey Glazed Carrots  
Corn on the Cobb

### DINNER

Southern Fried Pollock  
Pulled BBQ Chicken  
Pinto Beans  
Fried Okra  
Loaded Baked Potatoes  
Spicy Vegetarian Collard Greens

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-fry

## VEGETARIAN STATION

### LUNCH & DINNER

Build Your Own Kale Superfood Salad  
Marinated Chickpeas  
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

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  
Hot Ham & Cheese Sandwich

## BAKERY STATION

### BREAKFAST

Biscuits  
Peach Muffins  
Horchata Overnight Oats

## DESSERT BAR

### LUNCH & DINNER

Strawberry Cheesecake Cups  
Chocolate Chip & Pecan 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 SATURDAY'S MENU

## HOME ZONE

### BREAKFAST

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

### LUNCH

Breakfast for Lunch

### DINNER

Shrimp Alfredo Pasta  
Ricotta Stuffed Pasta Shells w/ Garlic Cream Sauce  
Sautéed Spinach  
Fried Squash  
Braised Cannellini Beans  
Fresh Steamed Broccoli

## 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

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  
Crispy Chicken Sandwiches

## BAKERY STATION

### BREAKFAST

Biscuits  
Citrus Muffins  
Honey Oatmeal Bars

## DESSERT BAR

### LUNCH & DINNER

Oreo Blondies  
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.