

# EAST COMMONS SUNDAY'S MENU

## HOME ZONE

### BREAKFAST

Scrambled Eggs  
Chorizo Frittata  
Classic Grits  
Oatmeal  
Grilled Chicken Breasts  
Pork Links  
Breakfast Potatoes

### LUNCH

Breakfast for Lunch

### DINNER

Rotisserie Pork w/ Honey Pecan Glaze  
Baked Lemon Pepper Chicken  
Sautéed Green Beans  
Cauliflower Au Gratin  
Steamed Vegetable Medley  
Red Beans & Rice

## 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

Broccoli & Cheese 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  
BBQ Chicken Sandwiches

## BAKERY STATION

### BREAKFAST

Biscuits  
Blueberry & Strawberry Muffins  
Banana Nut Muffins

## DESSERT BAR

### LUNCH & DINNER

Chocolate Mousse Cake Cups  
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  
Sausage & Potato Scramble  
Classic Grits  
Oatmeal  
Turkey Bacon  
Pork Sausage Patties  
Hash Browns

### LUNCH

Chicken Pot Pie  
Country Fried Steak  
Pinto Beans  
Buttered Sweet Corn  
Fried Onion Rings  
Steamed Vegetable Blend

### DINNER

Spaghetti & Meatballs  
Marsala Roasted Chicken Thighs  
Cannellini Beans  
Grilled Zucchini  
Creamed Spinach  
Honey Glazed Carrots

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-fry

## VEGETARIAN STATION

### LUNCH

Farfalle w/ Broccoli  
Steamed Yellow Squash  
Kidney Beans

### DINNER

Quinoa w/ Corn and Black Beans  
Steamed Broccoli & Cauliflower  
Lima 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

Smokehouse Chicken & Bacon 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  
Corn Dogs

## BAKERY STATION

### BREAKFAST

Biscuits  
Cranberry Orange Muffins  
Apple Cinnamon Overnight Oats

## DESSERT BAR

### LUNCH & DINNER

Strawberries & Cream Cake Cups  
Chocolate Chip Blondies

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# EAST COMMONS TUESDAY'S MENU

## HOME ZONE

### BREAKFAST

Scrambled Eggs  
Bacon Cheddar Frittata  
Classic Grits  
Oatmeal  
Turkey Sausage Links  
Pork Bacon  
Potatoes O'Brien

### LUNCH

Grilled Herb Chicken Thighs  
Italian Sausage w/ Roasted Onions & Peppers  
Roasted Mushrooms  
Chili Roasted Sweet Potato  
Fresh Steamed Broccoli  
Sautéed Yellow Squash

### DINNER

Grilled Marinated Chicken Thighs  
Roast Beef with Gravy  
Red Kidney Beans  
Crispy Potato Wedges  
Herb Roasted Mushrooms  
Roasted Broccoli

## MONGOLIAN GRILL

### LUNCH & DINNER

Burrito Bar

## VEGETARIAN STATION

### LUNCH

Grilled Portabella Mushrooms /  
Steamed vegetables  
Grilled Zucchini  
Steamed Vegetable Blend

### DINNER

Tofu Curry  
Vegetarian Fried Rice  
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  
Buffalo Chicken Wraps

## BAKERY STATION

### BREAKFAST

Biscuits  
Chocolate Chip Muffins  
Blueberry Granola Bars

## DESSERT BAR

### LUNCH & DINNER

Confetti Cake w/ Vanilla Icing  
Cinnamon Rolls

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# EAST COMMONS WEDNESDAY'S MENU

## HOME ZONE

### BREAKFAST

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

### LUNCH

Hamburger Steak w/ Mushrooms & Onions  
Tilapia w/ Herb Butter  
Buttered Corn  
Garlic Mashed Potatoes  
Fresh Sautéed Green Beans  
Fried Squash

### DINNER

Beef Stroganoff w/ Egg Noodles  
Herb Grilled Chicken Thighs  
Creamed Spinach  
Brown Rice  
Sauteed Squash and Zucchini  
Braised Cabbage

## MONGOLIAN GRILL

### LUNCH & DINNER

Chinese Take-out Classics

## VEGETARIAN STATION

### LUNCH

Falafel  
Roasted Cauliflower  
Pinto Beans

### DINNER

Mushroom Carbonara  
Grilled Asparagus  
Black Eyed Peas

## 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

Hamburger  
Turkey Burger  
Vegetarian Burger  
Philly Steak Wraps

## BAKERY STATION

### BREAKFAST

Biscuits  
Strawberry Muffins  
Peanut Butter Overnight Oats

## DESSERT BAR

### LUNCH & DINNER

Lemon Pound Cake  
Vanilla Pudding Cups

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# EAST COMMONS THURSDAY'S MENU

## HOME ZONE

### BREAKFAST

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

### LUNCH

Grilled Pork Chops w/ Cilantro Cream  
Jamaican Jerk Chicken Drumsticks  
Steamed Vegetable Blend  
Fried Plantains  
Pinto Beans  
Sautéed Spinach

### DINNER

Ancho Rubbed Pork Loin  
Roasted Turkey w/ Brown Gravy  
Steamed Carrots  
Charro Style Pintos  
Roasted Garlic Mashed Potatoes  
Green Bean Casserole

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-Fry

## VEGETARIAN STATION

### LUNCH

Vegetarian Enchiladas  
Mexican Rice  
Citrus-Lime Black Beans

### DINNER

Vegetarian Stuffed Shells w/  
Garlic Cream Sauce  
Sautéed Kale  
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

Chicken Philly 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  
Apple Cinnamon Muffins  
Chocolate Chip Loaf Bread

## DESSERT BAR

### LUNCH & DINNER

Red Velvet Swirl Brownies  
Rice Krispy Treats

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# EAST COMMONS FRIDAY'S MENU

## HOME ZONE

### BREAKFAST

Scrambled Eggs  
Chorizo Frittata  
Classic Grits  
Oatmeal  
Turkey Links  
Smoked Sausage  
Tater Tots

### LUNCH

BBQ Pulled Pork  
Southern Fried Fish  
Steamed Red Potatoes  
Baked Beans  
Sautéed Spinach w/ Bacon  
Rice Pilaf

### DINNER

Classic Beef Meatloaf  
Ranch Baked Chicken  
Herb Crusted Potatoes  
Squash Casserole  
Corn on the Cobb  
Spicy Collard Greens

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-fry

## VEGETARIAN STATION

### LUNCH & DINNER

Build Your Own Greek 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

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  
Chicken Nuggets

## BAKERY STATION

### BREAKFAST

Biscuits  
Oatmeal Brown Sugar Muffins  
Strawberry Overnight Oats

## DESSERT BAR

### LUNCH & DINNER

Chocolate Cupcakes w/ Fudge Icing  
Yogurt Bars

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# EAST COMMONS SATURDAY'S MENU

## HOME ZONE

### BREAKFAST

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

### LUNCH

Breakfast for Lunch

### DINNER

Grilled Marinated Chicken Breast  
Beef Pot Pie  
Vegetarian Couscous  
Glazed Carrots  
Fried Okra  
Vegetarian Black Eyed Peas

## MONGOLIAN GRILL

### LUNCH & DINNER

Classic Mongolian Grill Stir-fry

## VEGETARIAN STATION

### LUNCH & DINNER

Vegetarian Burger Bar  
Onion Rings  
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

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  
3 Cheese Grilled Cheese Sandwiches

## BAKERY STATION

### BREAKFAST

Biscuits  
Banana Chocolate Chip Muffins  
Chewy Fruit Granola Bars

## DESSERT BAR

### LUNCH & DINNER

Vanilla Pound Cake  
Carnival Cookies

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