# EAST COMMONS  SUNDAY’S MENU

## HOME ZONE

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

### LUNCH
- Breakfast for Lunch

### DINNER
- Baked Ziti Pasta
- Garlic Pesto Grilled Chicken
- Pasta w/ Vegetarian Bolognese
- Wild Rice Pilaf
- Fresh Steamed Broccoli
- Eggplant Parmesan

## MONGOLIAN GRILL  LUNCH & DINNER

### ENTREES
- Bang Bang Chicken
- Pepper Steak
- Sweet Chili Tofu

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

### BAKERY STATION  BREAKFAST

#### BREAKFAST
- Biscuits
- Plain Muffins
- Banana Nut Muffins

#### LUNCH & DINNER
Enjoy delicious fresh selections of fruit, yogurt, and granola!

### STONE BAKED PIZZA  LUNCH & DINNER

#### LUNCH & DINNER
- Buffalo Chicken Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

### DELI STATION  BREAKFAST

#### 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

#### BREAKFAST
- Buttermilk Pancakes

#### LUNCH & DINNER
- Corn Dogs
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

### DESSERT BAR  LUNCH & DINNER
- Rice Krispy Treats
- Sugar Cookies

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

### SOUP STATION  LUNCH & DINNER
- Chicken & Wild Rice Soup
- Minestrone Soup

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## Home Zone

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

### Lunch
- Buffalo Chicken Casserole
- Salisbury Steak
- Vegetarian Falafel Sliders
- Seasoned Red Potatoes
- Southern-Style Green Beans
- Steamed Vegetable Medley

### Dinner
- White Chicken Lasagna
- Italian Sausage w/ Sautéed Onions & Peppers
- Vegetarian Eggplant Parmesan
- Brown Rice
- Bermuda Blend Vegetable Medley
- Kidney Beans

### Mongolian Grill

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

#### Sides
- White, Brown & Fried Rice
- Potstickers
- Garlic Ginger French Fries
- Seasoned Noodles
- Garlic Broccoli
- Stir Fried Cabbage

### Bakery Station

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

#### Lunch & Dinner
Enjoy delicious fresh selections of fruit, yogurt, and granola!

### Deli Station

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

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

### Stone Baked Pizza

#### Lunch & Dinner
- Philly Cheesesteak Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

### Salad Bar

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

### Soup Station

#### Lunch & Dinner
- Chicken & Wild Rice Soup
- Vegetable Soup

### Grill Station

#### Breakfast
- Buttermilk Pancakes

#### Lunch & Dinner
- Chicken Nuggets
- Vegetarian Burgers
- Turkey Burgers
- Hamburgers

### Dessert Bar

#### Lunch & Dinner
- Rice Krispy Treats
- Sugar Cookies

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EAST COMMONS  TUESDAY’S MENU

HOME ZONE

BREAKFAST
Scrambled Eggs
Grits
Sausage & Potato Scramble
Oatmeal
Turkey Sausage Links
Smoked Sausage Patties
Hash Brown Casserole

LUNCH
Chicken Bruscetta
Baked Ziti
Vegetarian Tofu Parmesan
Corn on the Cob
Wild Rice
Fresh Steamed Broccoli

DINNER
Applewood Smoked Barbeque Chicken
Low Country Fettuccine Alfredo
Vegetarian Stuffed Shells w/ Garlic Cream Sauce
Baked Beans
Southern-Style Green Beans
Vegetarian Bolognese

MONGOLIAN GRILL  LUNCH & DINNER

ENTREES
Grilled Chicken Breasts
Grilled Flank Steak
Curried Chickpeas

SIDES
Vegetable Couscous
Quinoa & Rice Blend
Brown Rice
Summer Vegetable Stir Fry

BAKERY STATION

BREAKFAST
Biscuits
Chocolate Chip Muffins
Blueberry Granola Bars

DELIVERY 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.

STONE BAKED PIZZA

LUNCH & DINNER
Supreme Pizza
Veggie Pizza
Cheese Pizza
Pepperoni Pizza

GRILL STATION

BREAKFAST
Buttermilk Pancakes

LUNCH & DINNER
Italian Hot Wrap
Vegetarian Burgers
Turkey Burgers
Hamburgers

DESSERT BAR

LUNCH & DINNER
Hot fudge Brownie Cobbler
Oatmeal Raisin Cookies

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**EAST COMMONS**

**HOME ZONE**

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled Eggs</td>
<td>Pork Mojo w/ Pickled Red Onion</td>
<td>Chicken &amp; Sausage Jambalaya</td>
</tr>
<tr>
<td>Grits</td>
<td>Baked Lemon Pepper Chicken</td>
<td>Blacken Tilapia w/ Creole Sauce</td>
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<tr>
<td>Bacon Cheddar Frittata</td>
<td>Grilled Portabella Mushrooms w/ Steamed Vegetables</td>
<td>Vegetarian “Dirty” Rice</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Roasted Red Potatoes</td>
<td>Red Kidney Beans</td>
</tr>
<tr>
<td>Turkey Sausage Patties</td>
<td>Sautéed Fresh Green Beans</td>
<td>Fried Okra</td>
</tr>
<tr>
<td>Pork Sausage Links</td>
<td>Honey Ginger Carrots</td>
<td>Braised Cabbage</td>
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<tr>
<td>Potatoes O’Brien</td>
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<table>
<thead>
<tr>
<th>MONGOLIAN GRILL</th>
<th>LUNCH &amp; DINNER</th>
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<tbody>
<tr>
<td><strong>ENTREES</strong></td>
<td></td>
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<tr>
<td>Teriyaki Chicken</td>
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<tr>
<td>General Tso’s Ribs</td>
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<tr>
<td>Steamed Edamame</td>
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<tr>
<td><strong>SIDES</strong></td>
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<tr>
<td>White, Brown &amp; Fried Rice</td>
<td>Grilled Bok Choy</td>
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<tr>
<td>Egg Rolls</td>
<td>Summer Vegetable Stir Fry</td>
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<tr>
<td>Potstickers</td>
<td></td>
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<tr>
<td>Seasoned Noodles</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>BAKERY STATION</th>
<th>STONE BAKED PIZZA</th>
<th>GRILL STATION</th>
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</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH &amp; DINNER</strong></td>
<td><strong>BREAKFAST</strong></td>
</tr>
<tr>
<td>Biscuits</td>
<td>Margherita Pizza</td>
<td>Buttermilk Pancakes</td>
</tr>
<tr>
<td>Confetti Muffins</td>
<td>Veggie Pizza</td>
<td>LUNCH &amp; DINNER</td>
</tr>
<tr>
<td>Chocolate Chip Granola Bars</td>
<td>Cheese Pizza</td>
<td>3 Cheese Grilled Cheese Sandwiches</td>
</tr>
<tr>
<td></td>
<td>Pepperoni Pizza</td>
<td>Vegetarian Burgers</td>
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<tr>
<td></td>
<td></td>
<td>Turkey Burgers</td>
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<tr>
<td></td>
<td></td>
<td>Hamburgers</td>
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</tbody>
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<table>
<thead>
<tr>
<th>DELI STATION</th>
<th>SALAD BAR</th>
<th>DESSERT BAR</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH &amp; DINNER</strong></td>
<td><strong>LUNCH &amp; DINNER</strong></td>
</tr>
<tr>
<td>Enjoy delicious fresh selections of fruit, yogurt, and granola!</td>
<td>Enjoy a freshly prepared Garden Salad packed with leafy greens and toppings of your choosing.</td>
<td>Peanut Butter Crispy Bars</td>
</tr>
<tr>
<td><strong>LUNCH &amp; DINNER</strong></td>
<td></td>
<td>Chocolate Chip Cookies</td>
</tr>
<tr>
<td>Try one of our delicious, customizable “Grab n’ Go” deli sandwich or wrap options.</td>
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</tbody>
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<tr>
<th>SOUP STATION</th>
<th><strong>LUNCH &amp; DINNER</strong></th>
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</thead>
<tbody>
<tr>
<td>New England Clam Chowder</td>
<td>Vegetable Soup</td>
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</tbody>
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# 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
- Home-Style Chicken Pot Pie
- Vegetarian Meatless Lasagna
- Green Bean Casserole
- Spicy Collard Greens
- Italian White Beans
- Meatless Lasagna

#### Dinner
- Texas Fajitas
- Rosemary Lemon Pepper Chicken
- Vegetarian Spinach Lasagna
- Roasted Broccoli
- Israeli Couscous Rissotto
- Fried Green Beans

### Mongolian Grill

#### Entrees
- Philly Chicken
- Taco Chicken
- Southwest Meatless Crumble

#### Sides
- Grilled Tortillas
- Tortilla Chips
- Mexican-Style Rice
- Refried Beans

### Bakery Station

#### Breakfast
- Biscuits
- Cranberry Raisin Muffins
- Chocolate Chip Granola Bars

### 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.

### Stone Baked Pizza

#### Lunch & Dinner
- Cajun Chicken & Sausage Pizza
- Veggie Pizza
- Cheese Pizza
- Pepperoni Pizza

### Soup Station

#### Lunch & Dinner
- Beef Chili
- Vegetable Soup

### Dessert Bar

#### Lunch & Dinner
- Carrot Cake
- Strawberry Shortcake Cookies

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EAST COMMONS  FRIDAY'S MENU

HOME ZONE

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

LUNCH
Souther Fried Pollock
Barbeque Smoked Pulled Pork
Vegetarian Farfalle w/ Broccoli
Rice Pilaf
Creamed Spinach
Sautéed Squash & Zucchini

DINNER
Barbeque Beef Tips
Southern Fried Catfish
Curried Tofu
Baked Beans
Spicy Callard Greens
Fried Squash

MONGOLIAN GRILL  LUNCH & DINNER

ENTREES
Roasted Garlic Chicken w/ Bok Choy
Moo Shu Pork
General Tso’s Cauliflower

SIDES
White, Brown & Fried Rice
Pot Stickers
Egg Rolls
Seasoned Noodles

BAKERY STATION  BREAKFAST

Biscuits
Double Chocolate Muffins
Cranberry Granola Bars

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.

STONE BAKED PIZZA  LUNCH & DINNER
Spinach & Feta Pizza
Vegetable Pizza
Cheese Pizza
Pepperoni Pizza

GRILL STATION  BREAKFAST

Buttermilk Pancakes

LUNCH & DINNER
Chili Dogs
Vegetarian Burgers
Turkey Burgers
Hamburgers

DESSERT BAR  LUNCH & DINNER
German chocolate Bars
Carnival Cookies

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### EAST COMMONS SATURDAY’S MENU

#### BREAKFAST
- Scrambled Eggs
- Grits
- Chorizo Frittata
- Oatmeal
- Turkey Sausage Patties
- Flank Steak
- Breakfast Potatoes

#### LUNCH
- Breakfast for Lunch

#### MONGOLIAN GRILL LUNCH & DINNER
- **ENTREES**
  - General Tso’s Chicken
  - Pepper Steak
  - Steamed Edamame

- **SIDES**
  - White, Brown & Fried Rice
  - Pot Stickers
  - Egg Rolls
  - Seasoned Noodles

- **STONE BAKED PIZZA LUNCH & DINNER**
  - Loaded Pepperoni Pizza
  - Veggie Pizza
  - Cheese Pizza
  - Pepperoni Pizza

#### BAKERY STATION BREAKFAST
- Biscuits
- Pineapple Ginger Muffins
- Cranberry Granola Bars

#### 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.

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

#### SOUP STATION LUNCH & DINNER
- Chicken & Wild Rice Soup
- Creamy Corn Chowder

#### DINNER
- Hickory Barbeque Chicken
- Baked Tilapia Parmesan
- Vegetarian Farfalle w/ Broccoli
- Savory Creamed Corn
- Honey Glazed Carrots
- Creamed Spinach

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