


## CALTECH DINING SERVICES BOARD MEAL PLAN

WEEK 7	12-May	13-May	14-May	15-May	16-May	
Soup 1	Chicken Coconut Curry		Green Split Pea	Chicken Gumbo	Clam Chowder	
Soup 2	Garden Vegetable ☺		Vegetable Gumbo 🍷🌱	Market Vegetable 🍷🌱	Chili Vegan 🍷🌱	
Entrée 1	CheeseManicotti ~ with Pesto Sauce		Brown Sugar & Bourbon Salmon	Steak/Chicken/Fish Night	Philly Cheese Steak Sandwich	
Entrée 2	Marsala Chicken		Chicken Caesar Salad	Tortellini with Pesto Sauce ~	Meatball Sandwich	
Vegetable	Mixed Vegetables >		Asparagus >	Green Beans >	Carrots >	
Starch	Roasted Garlic Mashed Potatoes *		Rice Pilaf >	Baked Potato with Toppings >	French Fries >	
Vegan/Vegetarian Bar						
Vegan Entrée	Grilled Gardein (soy) Chicken Marsala >		Mushroom Tempeh Sautéed with Sage >	Soy Beef Fettuccine with Roma Tomatoes & Basil >	Vegan Meatball Sandwich >	
Grain/Potato/Bean	Roasted Garlic Mashed Potatoes >		Wild Rice Pilaf	Baked Potato >	French Fries >	
Vegetable	Mixed Vegetables >		Asparagus	Green Beans >	Carrots >	
Vegetarian Entrée	Vegetables Provencal >		Artichoke, Squash & Red Bell Pepper Sauté >	Portabello Mushrooms >	Macaroni & Cheese ~	
Pasta Bar						
Pasta	>Rotelle		>Linguini	^Egg Noodles	>Fettucini	
Sauce 1	>Marinara		>Marinara	>Marinara	>Marinara	
Sauce 2	*Chipotle Cream		*Meat Sauce	*Puttanesca	*Alfredo	
Dessert	Tiramisu		Ice Cream Cakes	Chocolate Pie	Novelties	
Bread	French Rolls		Potato & Rosemary Bread	Ciabatta	Parkerhouse	
Key	#=Nuts		*=Lacto	~=Ove-Lacto	^=Ovo	>=Vegan
for Vegetarian	contains nuts		contains dairy products	contains eggs & dairy products	contains eggs	contains no animal products