

CALTECH DINING SERVICES BOARD MEAL PLAN

WEEK 5	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
Soup	Asiago Cheese & Tomato Bisque	Chicken Noodle	Green Split Pea	Cream of Chicken & Wild Rice	Clam Chowder
Vegetarian/Vegan Soup	Garden Vegetable 😊	Minestrone 😊❤️	Vegetable Gumbo ❤️🌱	Curried Rice & Lentil ❤️🌱	Chili Vegan ❤️🌱
Entrée 1	Chicken Picatta	Fried Chicken	Roast Turkey & Stuffing w/Cranberry Sauce	Steak/Chicken/Fish Night	Carribbean Tilapia
Entrée 2	Pasta Bolognese	Grilled Flank Steak w/ Spicy Pepper Sauce**	Baked Ham w/ Pineapple Glaze	Tortellini w/ Pesto Sauce ~	Fragrant Orange Chicken**
Vegetable	Zucchini & Roma Tomatoes >	Midori Blend	Sautéed Vegetable Medley >	Capri Blend >	Carribbean Blend >
Starch	Scalloped Potatoes >	Jasmine Rice	Mashed Potatoes w/ Gravy	Tater Tots >	Scallion Mashed Potatoes>*
Vegan/Vegetarian Bar					
Vegan Entrée	Tofu Piccata >	Soy Fried Chicken	Harvest Casserole >	Avocado Orzo & Mungbean Salad	Tofu Mole
Grain/Potato/Bean	Vegan Scalloped Potatoes >	Jasmine Rice	Vegan Mashed Potatoes >	Criss Cut Fries >	Black Eye Peas & Rice >
Vegetable	Zucchini & Roma Tomatoes >	Midori Blend	Sautéed Vegetable Medley >	Capri Blend >	Carribbean Blend >
Vegetarian Entrée	Linguine w/ Basil-Cilantro Pesto & Artichokes >	Spicy Chipotle Lime Tofu	Spiced Lentils	Grilled Portabello Mushrooms & Assorted Veggies	Plantain & Pinto Stew w/ Parsnip Chips >
Pasta Bar					
Pasta	>Penne	>Rotelle	>Linguini	^Egg Noodles	>Fettucini
Sauce 1	>Marinara	>Marinara	>Marinara	>Marinara	>Marinara
Sauce 2	*Pesto	*Chipotle Cream	*Meat Sauce	*Puttanesca	*Alfredo
Bread	Tony Roll	Parkerhouse	Biscuits	Hawaiian Rolls (Tony)	Honey Wheat Rolls (Tony)
Dessert	Chef's Choice	Cookies & Ice Cream	Spiced Pumpkin Layer Cake w/Cream Cheese Frosting**	Cheesecake	Novelties
Key	#=Nuts	*=Lacto	~=Ove-Lacto	^=Ovo	>=Vegan
for Vegetarian	contains nuts	contains dairy products	contains eggs & dairy products	contains eggs	contains no animal products

**NEW from Epicurious

**NEW from Epicurious

**NEW from Epicurious