

Avery House Isolation/Quarantine

The below menu is offered for our students in isolation/quarantine at Avery House. Please use this menu when placing your online order. Please be sure to note your allergens and dietary restrictions. The choices you make will be prepared daily. To change your menu choices, please resubmit a new form by 5pm of the day prior to your meal date.

Breakfast (PLEASE CHOOSE ONE) *delivered between 8am~9:30am*

- 1) Standard Breakfast – scrambled eggs, bacon, potatoes, toast (jam & butter), banana, bottled water - DEFAULT Menu Choice (*contains eggs, gluten, dairy*)
- 2) Continental Breakfast – blueberry muffin, banana, yogurt cup, bottled water (*contains eggs, gluten, dairy*)
- 3) Cereal Breakfast – steel cut oats, oatmeal condiments, banana, bottled water (*contains gluten, dairy*)

Lunch (PLEASE CHOOSE ONE) *delivered between 11:30am~1pm*

- 1) Chandler Daily Lunch Special Chef's Choice (*may contain soy, gluten, sesame, seafood, dairy & egg*), dessert (*may contain soy, gluten, dairy & egg*) bottled water (DEFAULT Menu Choice)
- 2) Chicken Caesar Salad (*seafood, dairy, egg, soy, gluten*) or Greek Salad (*dairy, soy*), roll (*gluten*), butter(*dairy*), dessert (*may contain soy, gluten, dairy & egg*), bottled water
- 3) Chicken noodle soup & turkey sandwich (*gluten, dairy & egg*), bottled water, dessert (*may contain soy, gluten, dairy & egg*)

Afternoon Snack ~ *delivered with lunch*

- 1) Powerade
- 2) Whole Fresh Fruit
- 3) Clif Bar or Dessert

Dinner (PLEASE CHOOSE ONE) *delivered between 4:00pm~5:30pm*

- 1) Chandler Daily Dinner Special Chef's Choice (*may contain soy, gluten, sesame, seafood, dairy & egg*), dessert (*may contain soy, gluten, dairy & egg*) & bottled water (DEFAULT Menu Choice)
- 2) Meat Madness Pizza or Margherita Pizza (*gluten, dairy*), dessert (*may contain soy, gluten, dairy & egg*) & bottled water
- 3) Chicken tenders & fries, ranch & bbq sauce (*gluten, dairy, soy*), dessert (*may contain soy, gluten, dairy & egg*) & bottled water

Please email us directly at fyokota@caltech.edu for questions and feedback! We want to make sure the meals during your stay keep you well fed & hydrated 😊