

**CALTECH DINING SERVICES
BOARD PROGRAM**

Daily Dinner Specials	Monday 1/24	Allergen	Tuesday 1/25	Allergen	Wednesday 1/26	Allergen	Thursday 1/27	Allergen	Friday 1/28	Allergen
Soup of the Day	Beef Chili	~No Allergens	Chicken Noodle	G	Shrimp Bisque	F,G	Turkey Albondigas (meatballs)	G,D,S	Clam Chowder	F,D
Vegetarian Soup of the Day	Cream of Potato	G,D	Vegetables & Legumes	G	Ground Beef, Spinach & Barley Soup	G	Market Vegetable	~No Allergens	Vegan Chili	~No Allergens
Entrée ONE	Beef Stroganoff	G,D	Taco Tuesday	~No Allergens	Chicken Pot Pie	G,D,E	Burgers/Bratwurst	G	Braised Beef	G
Entrée TWO	Butter Chicken	D	Pollo-Asada (chicken-beef)	~No Allergens	Corned Beef	~No Allergens	Turkey Burgers	G	Spaghetti Turkey Meatballs	G,D,S
Vegetarian Entrée	Sagg Paneer	D	Gardein, Roasted Poblano & Mushroom	G,S	Vegetarian Pot Pie	G,D,E	Black Bean Burgers	G,S	Caramelized Onion & Goat Cheese Quiche	D,E,G
Vegan Entrée	Creamy Butternut Squash Soyriso Mac & Cheese	G,S	Vegan Taco Meat	T,S,G	Smoked Legumes Casserole	G	Cheese Ravioli w/Marinara	G,D	Stewed Legumes with Gardein	G,S
Vegetable of the Day	Roasted Green Beans a la Parm	D	Mexican Coleslaw	D	Chef's Choice	~No Allergens	Seasonal Vegetables	~No Allergens	Roasted Seasonal Vegetables	~No Allergens
Starch of the Day	Egg Noodles	E,G	Arroz & Frijoles (rice & beans)	~No Allergens	Roasted Potatoes	~No Allergens	Fries	~No Allergens	Mashed Potatoes	D
Pasta of the Day	Penne	G	Bowtie	G	Ziti	G	Penne	G	Chef's Choice	~No Allergens
Pasta Sauce ONE	Marinara	~No Allergens	Marinara	~No Allergens	Marinara	~No Allergens	Marinara	~No Allergens	Marinara	~No Allergens
Pasta Sauce TWO	Alfredo	G,D	Puttanesca	~No Allergens	Meat Sauce	~No Allergens	Marsala	G,D	Pesto	G,D
Bread	Brioche Rolls	G,D,E	Tortillas	~No Allergens	Jalapeno Cornbread	G,D,E	Hawaiian Rolls	G,D,E	Garlic Bread	G,D,E
Dessert	Vanilla Pudding	G,D,E	Cookies & Ice Cream	See Label	Flan	D,E	Pumpkin Cheesecake	G,D,E	Novelties	See Label

D=Dairy

G=Wheat Gluten

P=Peanut

T=Tree Nut

E=Eggs

Se-Sesame

S=Soy

F=Fish/Shellfish