

Bennington College Weekly Menu: November 28-December 4, 2011

	Breakfast	Lunch	Dinner
Always Available	Chilled Juices--Cold Cereals Bennington Granola--Fresh Bagels Yogurt Bar with toppings MYO Waffle Bar--Vegan Waffles Fresh Fruit	Salad and Deli Bar--Pasta Station Daily Pizza--Fresh Fruit--MYO Vegan dish Yogurt Bar with toppings Refried Beans--Brown Rice--Black Beans Ice Cream and Sorbet with Toppings	Salad and Deli Bar--Pasta Station Daily Pizza--Fresh Fruit--MYO Vegan dish Yogurt Bar with toppings Refried Beans--Brown Rice--Black Beans Ice Cream and Sorbet with Toppings
Monday	Hot Oatmeal or Cream of Wheat Cereal Cage Free Eggs: Hard Boiled-Scrambled or your favorite eggs cooked to Order Cheesy Scrambled--Bacon--Fakin' Bacon Blueberry Pancakes--Crispy Cubed Potatos Steamed Carrots Fresh Cranberry Bread	Portuguese Kale & Potato Chowder Shepherds Pie Vegetable Shepherds Pie Vegan Multi-grain Nuggets with BBQ Sauce Steamed Broccoli & Cauliflower Steamed Green Beans Cream Cheese Brownies	Chicken Tikki Masala Palak Paneer Red Lentil Dahl Naan Bread Steamed White Rice Steamed Carrots--Steamed Peas Assorted Fruit Pies with Whipped Topping
Tuesday	Hot Oatmeal or Maypo Cereal Cage Free Eggs: Hard Boiled-Scrambled or your favorite eggs cooked to Order Mexican Scrambled--Steamed Kale Cinnamon Raisin French Toast--Tater Tots Breakfast Sausage Links--Smart Links Pan-Seared Breakfast Tofu--Banana Muffins	Cauliflower & Roasted Red Pepper Soup Italian Deli Stromboli Vegetable Quiche Spring Vegetable Paella Waffle Fries Steamed Swiss Chard Steamed Corn Blondies	Bangkok Beef & Basil Thai Curried Tofu Quinoa with Basil & Caramelized Onions Garlic Spinach with Sesame Seeds Steamed Green Beans Steamed Beets Yellow Cake W/Chocolate Frosting
Wednesday	Hot Oatmeal or Wheatina Cereal Cage Free Eggs: Hard Boiled-Scrambled or your favorite eggs cooked to Order MYO Eggs Benedict or Florentine--Canadian Bacon Steamed Spinach--Chocolate Chip Pancakes Fakin' Bacon--Hash Browns Triple Berry Crumb Cake	Navy Bean & Pesto Soup Chicken Drumsticks with Apricot Glaze Grilled Portobello Mushrooms w/Tomato Leek Salsa Spicy Black Bean Bake Steamed Vegetable Medley Steamed Peas Cranberry Crunch Bars	Roasted Rosemary Pork Loin w/ Garlic Demi Glace Vietnamese Tofu with Eggplant & Peppers Seared Salmon Wild Rice Pilaf with Lentils Steamed Brussels Sprouts Steamed Yellow Squash Coconut and Banana Cream Pie
Thursday	Hot Oatmeal or Cream of Wheat Cereal Cage Free Eggs: Hard Boiled-Scrambled or your favorite eggs cooked to Order Garden Scramble--Blueberry Pancakes Sausage Gravy with Biscuits Scrambled Tofu--Crispy Cubed Potatos Steamed Zucchini--Oat Bran Raisin Muffins	Split Pea Soup Chicken or Cheese Quesadillas--Salsa & Sour Cream Nacho Grande Mexican Rice Black Bean Stew Steamed Beets--Steamed Brussels Sprouts Hot Apple Crisp with Whipped Cream	Gourmet Burger Bar Boca Burgers with Peppers & Onions Baked Macaroni & Cheese Baked Beans Spicy Fries Steamed Kale--Steamed Corn Decorate your own Cupcake
Friday	Hot Oatmeal or Maypo Cereal Cage Free Eggs: Hard Boiled-Scrambled or your favorite eggs cooked to Order Tater Tots--Orange Cranberry Pancakes Bacon--Fakin' Bacon Steamed Broccoli & Cauliflower Apple Cinnamon Bread	Classic Tomato Soup Grilled Swiss & Tomato on Rye Country Fried Steak with Gravy French Fries Cavatappi with Spinach & White Beans Steamed Bok Choy--Steamed Baby Carrots Oreo Magic Cookie Bars	Marinated Grilled Chicken Breast Basil Pesto Pasta Pastitsio Primavera Vegetables Steamed Lemon-Dill Carrots MYO Shortcake Bar
		Brunch	Dinner
Saturday		Soup of the Day--Hot Oatmeal or Maltex Cereal Cage Free Eggs: Hard Boiled-Scrambled or your favorite eggs cooked to Order Scrambled Tofu--Parisian French Toast Fries--Bacon--Fakin' Bacon Steamed Spinach Assorted Muffins	Pizza Night: Three Cheese--Meat Lovers Garden Vegetable Spicy Chicken Wings Vegan Vegetable Etouffe Steamed Green Beans Steamed Squash & Zucchini Double Fudge Ribbon Cake
		Brunch	Dinner
Sunday		Soup of the Day--Hot Oatmeal or Grits Cereal Cage Free Eggs: Hard Boiled-Scrambled or your favorite eggs cooked to Order Western Scramble--Peach Pancakes--Tater Tots Sausage Patties--Smart Links Steamed Zucchini Banana Bread	Grilled Peppered Pork Chops w/ Mediterranean Relish Lemon Poached Haddock Spring Vegetable Paella Steamed Baby Carrots Steamed Spinach Red Bliss Mashed Potatos MYO Ice Cream Sundae Bar--Topping Bar
Meal Hours:			
Monday - Friday		Saturday/Sunday	
Continental:	7:00a - 7:30a	Cont:	8:00a - 11:00a
Breakfast:	7:30a-9:00a	Brunch:	11:00a-12:00p
Continental:	9:00a- 10:00a	Cont:	12:00p- 1:00p
Lunch:	11:30a - 1:30p	Dinner:	5:00p - 6:30p
Dinner:	5:00p - 6:30p		Menu subject to change.
			Cycle 2.0