

BENNINGTON

This Week's Dining Hall Breakfast Menu
Week Two March 2; March 30; April 27; May 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BRUNCH				BRUNCH		
					Vegan Carrot Ginger Soup	Vegetable Minestrone
COMFORT ZONE Available Daily: Scrambled and Hard-Boiled Eggs, Oatmeal, Waffle Station						
Fried Eggs	Scrambled Eggs (cheddar, onion, pepper)	Eggs Benedict-Build Your Own	Bisquits with Sausage and Gravy	Scrambled Eggs (cheese, spinach)	Fried Eggs	Scrambled Eggs (cheese, spinach)
Blueberry Buttermilk Pancakes	Thick-Sliced French Toast	Chocolate Chip Buttermilk Pancakes	Thick-Sliced French Toast	Gluten-Free Potato Pancakes	Buttermilk Pancakes	Thick-Sliced French Toast
Bacon	Sausage Links (pork)	Grilled Ham	Bacon	Sausage Patty (pork)	Sausage Links (pork)	Canadian Bacon
Hash Browns (diced)	Home Fries (sliced)	Fried Tater Puffs	Hash Browns (shredded)	Potatoes Lyonnaise	Fried Tater Puffs	Hash Browns (cubes)
Cream of Rice	Grits	Cream of Wheat	Grits (cheddar)	Cream of Rice		
VEGAN / VEGETARIAN HOT PLATE Available Daily: Brown Rice						
Grilled Sesame Tofu	Vegetarian Sausage Patty	Scrambled VegetableTofu	Vegetarian Bacon	Thai Chili Tempeh	Scrambled VegetableTofu	Vegetarian Bacon
Steamed Vegetables	Steamed Vegetables	Steamed Vegetables	Steamed Vegetables	Steamed Vegetables	Steamed Broccoli	Steamed Zucchini
Red Beans	White Beans	Black Beans	Lentils	Charro Beans	Refried Beans with Cilantro	Red Beans
BAKERY						
Cinnamon Coffee Cake	Apple Crumb Cake	Cinnamon Donuts	Chocolate Chip Crumb Cake	Cinnamon Scones	Cherry Quick Bread	Banana Bread
Cranberry Muffins	Blueberry Muffins	Honey Bran Muffins	Raspberry Muffins	Banana Muffins	Apple Caramel Muffins	Blueberry Yogurt Muffins

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This Week's Dining Hall Lunch Menu
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soups							
Tomato	Vegetable Brown Rice	Lentil Potato	Vegan Carrot Ginger	New England Clam Chowder	Brunch Menu		
Potato Cheddar with Green Chilis	Blackbean	Chicken Florentine	Vegetable Beef Noodle	Mushroom Barley			
Buttermilk Drop Biscuits	Cornbread	Bread Sticks	Honey Wheat Dinner Rolls	Garlic Herb Breadsticks			
COMFORT ZONE Available Daily: Brown Rice							
Buffalo Chicken Tenders	Salisbury Steak (Beef/Turkey) with Mushroom Sauce	Thai Curry Beef	Tricked-out Chicken Sandwich	Fish Tacos			
Baked Russet Wedges	Roasted Red Dijon Potatoes	Jasmine Rice	Roasted Sweet Potatoes	Steak Fries			
Steamed Carrots	Steamed Vegetables	Steamed Bok Choy	Sauteed Brussel Sprouts and Kale	Steamed Broccoli			
Steamed Spinach	Green Peas with Diced Tomato	Asian Vegetable Stir Fry	Okra with Corn and Tomato	Steamed Vegetables			
Red Beans	Black Beans	Charro Beans	Lentils	White Beans			
VEGAN / VEGETARIAN HOT PLATE Available Daily: Brown Rice							
Szechuan Tofu Stir Fry	Butternut Squash Casserole	Tomato Chutney Quinoa Cakes	BBQ Tofu	Vegan Sloppy Janes			
Hot Plate Feature							
Italian Sausage Sandwich (onions, peppers)	Pico de Gallo Vegetable Quesadilla	Cheesburger Pizza Primavera Pizza	Grilled Cheese	Sloppy Joes (turkey)			
LOCAL FEATURE AT CENTER STATION							
Papaya Curry Chicken Wrap	Kale Salad with Tempeh Panzanella and Pickled Grapes	BBQ Chipolte Pork Sliders	Neopolitan Ragout	Boston Cream Profiterole			
BAKERY							
Lemon Bars	GF Cranerry Rice Chex Bars	Red Velvet Bar	Vegan Coconut Mango Rice Pudding	Chocolate Chip Brownies			
Chocolate Chip Cookies	Gingersnap Cookies	Chocolate Krinkle Cookies	Coconut Sugar Cookies	Oatmeal Raisin Cookies			
GF Fudge Brownies	Vegan Oatmeal Cookies	GF Chocolate Chip Cookies	Vegan Cran/Pumpkin Oatmeal Cookies	GF Triple Chocolate Cherry Bars			

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Soups						
Cream of Mushroom	Chicken Noodle	Beef Barley with Mushrooms	Potato Bacon Chowder	Vegetable	Vegan Carrot Ginger Soup	Minestrone
Vegan Hot and Sour	Potato Leek	Coconut Pumpkin Bisque	Garam Masala (tomato, lentil)	Spinach and Crab		
Buttermilk Drop Biscuits	Cornbread	Bread Sticks	Honey Wheat Dinner Rolls	Garlic Herb Breadsticks		
COMFORT ZONE Available Daily: Brown Rice						
Quiche (spinach, zucchini, cheddar jack)	Cornmeal-Crusted Tilapia with Tomatillo Salsa	Roast Beef	Chicken Tandoori	BBQ Ribs	Angus Burger	Chipotle Pork Loin with Pineapple Salsa
Mashed Potatoes with Carrot	Brown Sugar and Citrus Baked Plantains	Macaroni and Cheese	Bobmay Aloo (spicy Potatoes)	Sweet Potatoes	Turkey Burger, Black Bean Burger	Roasted Red Dijon Potatoes
Roasted Root Vegetables, Steamed Brussell Sprouts	Yellow Squash and Tomato Sautee, Steamed Green Beans	Steamed Broccoli and Cauliflower, Steamed Peas and Corn	Steamed Green Beans, Steamed Carrots with Ginger Orange Glaze	Corn on the Cob with Ancho Butter, Steamed Spinach	Burger-Toppings Station, Broccoli and Kale Stir-Fry	Zucchini and Tomato Sautee, California-Blend Vegetables
Red Beans	Black Beans	Charro Beans	Lentils	Pinto Beans	Vegetarian Baked Beans	Red Beans
Vegan Available Daily: Brown Rice						
Ham Steak	Crispy Tofu	Vegetable-Stuffed Chimichurri	Crispy Chicken Strips	BBQ Tofu	Baked Potato Bar	Fried Polenta Squares with Marinara
Roasted Root Vegetables	Yellow Squash and Tomato Sautee	Steamed Broccoli and Cauliflower	Steamed Green Beans	Steamed Spinach	Broccoli and Kale Stir-Fry	Zucchini and Tomato Sautee
Red Beans	Black Beans	Charro Beans	Lentils	Pinto Beans	Vegetarian Baked Beans	Red Beans
Pizza and Pasta						
Gemelli	Cheese Pizza	WG Penne	Cheese Pizza	Spaghetti	Cheese Pizza	Rigatono
Gluten-Free Penne	Pizza Toppings	Gluten-Free Fusilli	Pizza Toppings	Gluten-Free Spaghetti	Pizza Toppings	Gluten-Free Penne
Marinara Sauce		Roasted Eggplant Sauce		Marinara Sauce		
BAKERY						
Vegan Lemon Rice Pudding	Red Velvet Bar	Apple Crumb Pie	Gingerbread Cake	Cherry Cheesecake Tarts	Applesauce Cake with Vanilla Icing	Make-Your-Wwn Sundae Station