

BENNINGTON

This Week's Dining Hall Breakfast Menu

Week Four: March 16, April 13, May 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMFORT ZONE Available Daily: Scrambled and Hard-Boiled Eggs, Oatmeal with Topping Bar, 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 Vegetable Tofu	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						
Banana Bread	Cinnamon Rolls	Cranberry-Crumb Cake	Ginger Spice Scones with Raisins	Peach Streusel Coffee Cake	Cinnamon Streusel Coffee Cake	Apple-Crumb Cupcakes
Blueberry Yogurt Muffins	Carrot Pineapple Muffins	Mango Coconut Muffins	Double Chocolate Chip Muffins	Honey Bran Muffins	Caramel Apple Muffins	Blueberry Yogurt Muffins

BENNINGTON					This Week's Dining Hall Lunch Menu			
Week Four: March 16, April 13, May 11								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Soups								
Vegetable Beef Ancho	Hot and Sour	Chicken Florentine with Brown Rice	Mexican Chili with White Rice	Lobster Bisque	Chicken Noodle	Mushroom Barley		
Potato Leek	Split Pea	Hungarian Cauliflower	Black Bean	Lentil				
Buttermilk Drop Biscuits	Honey Wheat Dinner Rolls	Grilled Baguettes	Dinner Rolls	Corn Bread				
COMFORT ZONE Available Daily: Brown Rice								
Meatball Stroganoff	Sweet & Sour Chicken Stir-Fry	Beef and Turkey Moussaka	BBQ Sirloin	Tricked-Out Chicken Sandwiches				
Garlic Egg Noodles	Jasmine Rice	Lemon-Pepper Roasted Potatoes	Hushpuppies	Steak Fries				
Brown Sugar Glazed Carrots	Steamed Bok Choy	Steamed Green Beans	Steamed Yellow Squash and Zucchini	Steamed Broccoli with Lemon Zest				
Steamed Peas with Tomato	Roasted Corn	California Blend Vegetables	Steamed Brussel Sprouts with Carrots	Oven-Roasted Carrots				
Cauliflower and Carrots	Steamed Bok Choy	Spanish Rice	Breaded Okra	Twister Fries				
Red Beans	Lentils	Giant Lima Beans with Eggplant	Pinto Beans	White Beans				
VEGAN / VEGETARIAN HOT PLATE Available Daily: Brown Rice								
Teriyaki Tofu Stir-Fry	Vegan Stuffed Peppers	Pakora Spinach	Vegan Black Bean & Salsa Rancheros	Vegan Chicken Patty Sandwich				
Brown Sugar Glazed Carrots	Roasted Corn	Steamed Green Beans	Steamed Yellow Squash and Zucchini	Steamed Broccoli with Lemon Zest				
Red Beans	Lentils	Giant Lima Beans with Eggplant	Pinto Beans	White Beans				
Hot Plate Feature								
Grilled Cheese Sandwiches	Sweet Chili Vegetable Lo Mein	Gyros	Portabella and Artichoke Melts	Grilled Flatbread with Eggplant				
LOCAL FEATURE AT CENTER STATION								
Curried Chicken and Vegetable Wrap	Smoked Chicken Caesar Salad	BBQ Pork Sliders	Curry Lime and Vegetable Ramen	Boston Cream Profiterole				
BAKERY								
Rocky Road Brownies	Lucky Charms Cereal Bars	Devil's Food Cupcakes with Vanilla Icing and Oreo Crumbs	Pumpkin Whoopie Pies	Apple Betty				
Oatmeal Raisin Cookies	Emerald Green Sugar Cookies	Gingersnap Cookies	Nestle Crunch Cookies	Chunky Chocolate Chip Cookies				
GF Chocolate Crinkle Cookies	Vegan Snickerdoodles	GF Chocolate Chip Cookies	Vegan Oatmeal Cookies	Vegan Brownies				

Brunch Menu

Brunch Menu

BENNINGTON

This Week's Dining Hall Dinner Menu

Week Four: March 16, April 13, May 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soups						
Vegetable Beef Ancho	Hot and Sour	Chicken Florentine with Brown Rice	Mexican Chili with White Rice	Lobster Bisque	Chicken Noodle	Mushroom Barley
Potato Leek	Split Pea	Hungarian Cauliflower	Black Bean	Lentil		
Buttermilk Drop Biscuits	Honey Wheat Dinner Rolls	Grilled Baguettes	Dinner Rolls	Corn Bread		
COMFORT ZONE Available Daily: Brown Rice						
Chipotle Orange BBQ Chicken	Corned Beef	Crispy Cod with Mango Salsa	Roasted Turkey Breast	Beef and Pepper Stir-Fry	Baked Jerk Chicken	Chipotle Maple BBQ Grilled Pork Chops
Roasted Sweet Potatoes	Steamed Red Potato Wedges	Brown Sugar and Citrus Baked Plantains	Lemon-Sage Cornbread Stuffing	Curried Balinese Jasmine Rice	Mashed Red Potatoes	Roasted Potato Rancheras
Steamed Broccoli and Cauliflower	Red Cabbage with Apples, Onion, and Raisins	Kale with Garlic and Onion	Roasted Root Vegetables	Seared Bok Choy	Roasted Green Beans	Roasted Carrots
Steamed Capri Vegetables	Roasted Carrots	Okra with Corn and Tomato	Steamed Peas and Pearl Onions	Steamed Vegetables	Ancho Succotash	Steamed Spinach
Red Beans	Lentils	Giant Lima Beans with Eggplant	Pinto Beans	White Beans	Vegetarian Baked Beans	Black Beans
Vegan Available Daily: Brown Rice						
Vegan Chicken Parmesan	BBQ Tofu	Tempeh Szechuan Stir-Fry	Fried Polenta with Marinara	Vegetable Curry Samosa	Corn Fritters	Vegetarian Chicken Jambalaya
Steamed Broccoli and Cauliflower	Roasted Carrots	Kale with Garlic and Onion	Roasted Root Vegetables	Seared Bok Choy	Roasted Green Beans	Steamed Spinach
Red Beans	Lentils	Giant Lima Beans with Eggplant	Pinto Beans	White Beans	Vegetarian Baked Beans	Black 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		Spicy Marinara Sauce
Vegan Espagnole Sauce		Spinach Alfredo Sauce		Vegetarian Beef Bolognese		Rosa Sauce
BAKERY						
Applesause Cake with Vanilla Icing	Apple and Pear Crisp	Vegan Brown Rice Pudding with Coconut and Cranberries	Carrot Cake with Vanilla Icing	Cinnamon Custard	Yellow Cake with Vanilla Icing	Ice Cream Sundae Bar