

Bennington College Weekly Menu: December 5-10, 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 Maypo Cereal Cage Free Eggs: Hard Boiled--Eggs to Order Cheesy Scrambled--Scrambled Blueberry Pancakes Crispy Cubed Potatoes Bacon--Fakin' Bacon Steamed Broccoli Cranberry Orange Muffins	Broccoli & Cheddar Chowder Chicken Tenders Tofu Artichoke Melts Vegetable Spring Rolls Yam & Ginger CousCous Steamed Swiss Chard Steamed Green Beans Chocolate Raspberry Bars	Rotisserie Style Chicken w/ Mediterranean Wet Spice Rub Butternut Squash & Spinach Lasagna Crispy Tofu & Greens Rice Pilaf with Lentils Steamed Mixed Vegetables Chocolate Cream Pie with Whipped Topping
Tuesday	Hot Oatmeal or Cream of Wheat Cereal Cage Free Eggs: Hard Boiled-- Eggs to Order Western Scrambled--Scrambled Cinnamon Raisin French Toast Pan Seared Breakfast Tofu Sausage Links--Smart Links Hash Browns Lemon Poppy Seed Bread	Pear & Pumpkin Soup MYO Fajita: Beef-Chicken-Tofu with Mexican Topping Bar Steamed White Rice Steamed Carrots--Steamed Corn Baked Beans Apple or Blueberry Cobbler with Whipped Topping	Corned Beef and Cabbage Sweet & Sour Tofu Cabbage & Tomato Bake Rice Pilaf Steamed Fresh Carrots Boiled potatoes Spice Cake with Cream Cheese Frosting
Wednesday	Hot Oatmeal or Wheatina Cereal Cage Free Eggs: Hard Boiled--Scrambled MYO Eggs Benedict or Florentine: Poached Eggs Canadian Bacon--Steamed Spinach Hollandaise Sauce--Toasted English Muffins Banana Walnut Pancakes Turkey Bacon--Tater Tots All Bran Muffins	Curried Lentil Soup Gourmet Hot Dog Bar--Tofu Pups Vegan Garden Vegetable Chili Spiral Fries Steamed Brussels Sprouts Steamed Peas Vegan Zucchini Brownies	Pork & Pear Saute Grilled Mahi Mahi with Fruit Salsa Portobello Mushrooms w/ Red Onion Confit Orzo in Olive Oil Spinach Baby Carrots with Whipped Topping
Thursday	Hot Oatmeal or Maypo Cereal Cage Free Eggs: Hard Boiled--Eggs to Order Garden Scrambled--Scrambled Chocolate Chip Pancakes Sausage Gravy with Biscuits Scrambled Tofu Crispy Cubed Potatoes White Chocolate Raspberry Crumb Cake	Chickpea & Rosemary Passata Gilled Cheeseburger w/lettuce and tomato Tofu Stir Fry Grilled Boca Burger Turkey Burger Steamed Corn M&M Brownies	Beef & Bean Chili / Vegetable Chili Potato Skin Bar Spicy Southern Corn Jalapeno & Cheddar Jack Corn Bread Steamed Kale Steamed Green Beans Chocolate Peanut Butter W/Fudge Frosting
Friday	Hot Oatmeal or Cream of Wheat Cage Free Eggs: Hard Boiled-- Scrambled Fried Eggs Maple Pecan Pancakes Tater Tots Bacon--Fakin' Bacon Steamed Zucchini Apple Cinnamon Muffins	Classic Tomato Soup Grilled Cheese on Whole Wheat Falafel with Tahini Sauce--Pita Bread Baked Tofu & Broccoli in Peanut Sauce CousCous with Lemon Cilantro Steamed Baby Carrots Herbed Zucchini Lemon Cheesecake Bars	Pasta Night: Penne--Farfalle--Linguini Roast Beef with Mushroom Gravy Wheat Gluten Free / Marinara--A la Vodka Meatballs in Tomato Sauce Vegetarian Meatballs in Marinara Steamed Spinach--Steamed Kale Garlic Bread Ricotta Cake
		Brunch	Dinner
Saturday		Soup of the Day or Hot Oatmeal Cage Free Eggs: Hard Boiled--Scrambled Eggs to Order Cheesy Grits--Scrambled Tofu Texas Style French Toast--Home Fried Potatoes Sausage Patties--Smart Links Steamed Carrots Chocolate Chip Bread	Have A great Holiday Season
		Brunch	Dinner
Sunday			
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 3.0