

BENNINGTON

This Week's Dining Hall Breakfast Menu
Week One: February 23, March 23, April 20, May 18

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						
Cinnamon Streusel Coffee Cake	Blueberry Scones	Banana Bread	Peach Streusel Coffee Cake	Cinnamon Rolls	White Chocolate and Apple Granola Bars	Cinnamon Streusel Coffee Cake
Blueberry Muffins	Honey Bran Muffins	Lemon Poppy Seed Muffins	Morning Glory Muffins	Pumpkin Molassas Muffins	Mango Coconut Muffins	Carrot Pineapple Muffins

BENNINGTON

This Week's Dining Hall Lunch Menu

Week One: February 23, March 23, April 20, May 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soups						
Tomato	Vegetable with Brown Rice	Potato Herb with Lentils	Vegan Ginger Carrot	New England Clam Chowder		
Potato Cheddar with Green Chilis Buttermilk Drop Biscuits	Black Bean	Chicken Florentine	Vegetble Beef	Mushroom Barley		
	Corn Bread	Grilled Baguettes	Honey Wheat Dinner Rolls	Bread Sticks		
COMFORT ZONE Available Daily: Brown Rice						
Meatball Hoagies	Szechuan Chicken Stir Fry	Chicken Fajitas	Carolina Pork BBQ	Angus Burgers		
Garlic Egg Noodles	Jasmine Rice	Beef Tacos	Spicy Taco	Turkey Burgers		
Steamed Red Potatoes	Vegetable Egg Rolls	Tofu Fajita	Coleslaw	Garden Burger		
Steamed Peas with Pearl Onions	Steamed Capri Vegetables	Mexican Corn	Ancho Succotash	Roasted Broccoli		
Cauliflower and Carrots	Steamed Bok Choy	Spanish Rice	Breaded Okra	Twister Fries		
Red Beans	Charro Beans	Refried Beans	Red Beans	Lentils		
VEGAN / VEGETARIAN HOT PLATE Available Daily: Brown Rice						
Tempeh Jambalaya	Crispy Tofu	Vegan BBQ Chicken Strips	Kale with Garlic and Onion	Thai Tofu with Curried Vegetables		
	White Beans		Baked Potato with Vegan Beef Chili			
			Black Beans			
Hot Plate Feature						
Beef Hot Dogs	Vegetable Egg Rolls	Potato Chip Nachos	Crispy Chicken Nuggets	Grilled Vegetable Stromboli		
Vegetarian Tofu Pups	Sweet Chili Vegetable Lo Mein					
LOCAL FEATURE AT CENTER STATION						
Curry Tofu Wrap with Asian Slaw	Smoked Chicken Caesar Salad	Cabot Cheddar Mac-n-Cheese	Italian Grinder	Maple and Apples Foster Waffles		
BAKERY						
Pumpkin Spice Blondies	Lucky Charms Cereal Bars	Lemon Cheesecake Bars	Apple and White Chocolate Granola Bars	Brownie S'more		
White Chocolate Macadamia Nut Cookies	Red Velvet Cookies	Oatmeal Raisin Cookies	Chunky Chocolate Chip Cookies	Coconut Sugar Cookies		
Vegan Cran Oatmeal Cookies	GF Chocolate Crinkle Cookies	Vegan Snickerdoodles	GF Sugar Cookies	Vegan Peanut Butter Cookies		

Brunch Menu

BENNINGTON

This Week's Dining Hall Dinner Menu

Week One: February 23, March 23, April 20, May 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soups						
Tomato	Vegetable with Brown Rice	Potato Herb with Lentils	Vegan Ginger Carrot	New England Clam Chowder	Black Bean	Cream of Broccoli
Potato Cheddar with Green Chilis	Black Bean	Chicken Florentine	Vegetble Beef	Mushroom Barley		
Buttermilk Drop Biscuits	Corn Bread	Grilled Baguettes	Honey Wheat Dinner Rolls	Bread Sticks		
COMFORT ZONE Available Daily: Brown Rice						
Crispy Cornmeal Basa	Pot Roast	Grilled Kielbasa with Cabbage	Roasted Turkey Breast	Lemon Artichoke Chicken Breast	Chiptle Maple BBQ Grilled Pork Chops	Chicken Parmesan
Black Bean and Rice Sofrito	Mashed Potatoes with Caramelized Onion	Sauteed Onion and Caper Pierogies	Roasted Sweet Potatoes	Mushroom Risotto	Mashed Sweet Potatoes	Ziti Casserole
Roasted Green Beans	Roasted Root Vegetables	Steamed Green Beans	Steamed Squash and Zucchini	Steamed Brussel Sprouts	Steamed Broccoli and Cauliflower	Brown Sugar Roasted Carrots
Steamed California Vegetables	Steamed Peas and Corn	Roasted Butternut Squash	Carrots and Green Beans	Brown Sugar Roasted Carrots	Steamed Spinach	Steamed Green Beans
Red Beans	Charro Beans	White Beans	Black Beans	Lentils	Pinto Beans	Red Beans
Vegan Available Daily: Brown Rice						
Grilled Curry Tofu	GF/Vegan Spicy Zucchini Fritters	Quinoa Cakes with Tomato Chutney	Thai Chili Tempeh	Black Bean Stuffed Peppers	Corn Fritters	Fried Polenta Squares with Marinara
Steamed Broccoli	Steamed California Vegetables	Peas with Diced Tomato	Steamed Zucchini	Steamed Italian Green Beans with Cannellini	Steamed Broccoli and Cauliflower	Mexican Corn
Red Beans	Charro Beans	White Beans	Black Beans	Lentils	Pinto 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		Spicy Marinara Sauce
Vegan Espagnole Sauce		Spinach Alfredo Sauce		White Clam Sauce		Rosa Sauce
BAKERY						
Cherry Walnut Cake with Vanilla Icing	Banana Pudding Parfaits	Cranberry-Orange Crumb Cake	Chocolate Mint Whoppie Pies	Tiramisu Cake	Pineapple Upside-Down Cake	Ice Cream Sundae Bar