



### **Sandwich Bar**

*Turkey, ham, Cabot cheddar, Swiss and American*

*Egg, Chicken, Tuna and Ham salad*

### **Salad Bar/Grab & Go**

*Available daily with a variety of fresh vegetables, legumes, cheese and other accoutrements sourced locally whenever possible*

### **Local Products**

**Cheese:** Cheddar & Cottage Cabot, Vermont

**Eggs:** Pete & Gerry's from Monroe New Hampshire

**Chicken:** Sustainably raised chicken breast (antibiotic free, veggie diet, cage free)

**Turkey:** Sustainably raised turkey breast (antibiotic free, veggie diet, cage free)

**Beef:** Local grown in Derby, VT, Spring Hill Farms (organic, grass fed)

*Please ask a server if you have questions about our products or ingredients. Please let us know if you have food allergies or intolerances. We will be happy to assist you in any way we can.*

### **Monday**

#### **Chop Suey \$4.25**

Elbow macaroni, local ground beef and homemade sauce, topped with mozzarella cheese

#### **Quiche Florentine \$3.85**

Tomatoes, spinach, eggs and Swiss cheese baked into a flaky pie crust

### **Tuesday**

#### **Roasted Pork loin \$4.25**

Duberton farms

**GF**

#### **Lasagna**

3 cheese medley, pasta and red sauce

### **Wednesday**

#### **Turkey Dinner \$4.25**

Turkey breast, stuffing, gravy

**GF**

#### **Vegetable Enchilada Casserole \$3.85**

Cauliflower, yams, onion, peepers jack cheese, herbs and spices layered with flour tortillas

### **Thursday**

#### **Herb Crusted Sirloin \$4.25**

Fresh herbs, Choice Sirloin slow roasted

**GF**

#### **Black bean and Sweet Potato Chili \$3.85**

Don't forget the hot sauce

**GF**

### **Friday**

#### **Oven Fried Haddock \$4.50**

Northern Atlantic caught

#### **Hummus Wrap \$3.85**

Feta cheese, spinach, artichokes, roasted red peppers and green onions mixed with garlicky

Hummus and wrapped in a flour tortilla