



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 Vermont (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

Beef Chili

Local beef, kidney beans, vegetables, and a touch of spice

Lentil Chili

Lentils, vegetables, and a touch of spice

Tuesday

Hamburgers

BBQ Chicken

Black Bean Burgers

Corn on the Cobb

Potato Salad

Watermelon

Wednesday

Chicken Caesar Salad

Chicken breast, romaine lettuce, parmesan cheese, croutons, and homemade Caesar dressing.

Broccoli Casserole

A whole farms worth of broccoli has dedicated themselves to this cheesy dish

Thursday

Pasta Bar

Meat sauce, vegetable alfredo sauce, red sauce

Friday

Fish Cakes

Haddock, scallion, peppers, mayo, and GF Panko.

Greek Gnocchi

Potato pasta, broccolini, red onion, feta cheese, all roasted together on 1 pan.