



### **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**

#### **BLT**

Classic combination of Bacon, Lettuce, Tomato, and Mayo.

**Gluten Free Available**

#### **Grilled Cheese Sandwich**

3 Cheeses melted in between toasted bread

**Gluten Free Available**

### **Tuesday**

#### **Braised Chicken with Artichoke & Mushrooms**

Chicken, artichoke, mushrooms, butter, broth and paprika.

#### **Cauliflower Steak**

Roasted Cauliflower with a spice rub, and a spicy mayo topping

### **Wednesday**

#### **Turkey Burgers**

Turkey burgers topped with Cabot cheddar

**Gluten Free without bun**

#### **Chickpea Curry**

Chickpeas, curry powder, coconut milk, vegetables.

### **Thursday**

#### **Sweet & Sour Pork**

Chunks of pork, onions, & peppers in a sweet & sour sauce over rice.

#### **Vegetable Fried Rice**

Veggies, rice, egg, and a tamari based sauce.

### **Friday**

#### **Crispy Baked Haddock**

Baked haddock, with cornflake crumb topping

#### **Spinach & Tomato Quiche**

Spinach, tomato, mozzarella cheese and egg in a pie shell.