



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 raised 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.

**Week of September 29th
to October 3rd**

Monday

French Dip Sandwich

Hot roast beef, seasoned beef broth, on Hoagie rolls.

Sweet Potato Lasagna

A homemade dish with a twist, sweet potatoes sub in for noodles, making this dish gluten free.

Tuesday

Chicken Pot Pie

A homemade dish with chicken, vegetables, and gravy, served on top of biscuits.

Cauliflower Coconut with Lentils

A homemade dish with roasted cauliflower, lentils, tomatoes, and coconut milk.

Wednesday

Chicken Parmesan

A homemade dish with breaded chicken breast, marinara sauce, and mozzarella cheese.

Eggplant Parmesan

A homemade dish with eggplant covered in seasoned gluten free panko crumbs, marinara sauce, and mozzarella cheese.

Thursday

Beef Chili

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

Stuffed Acorn Squash

A homemade dish with quinoa, celery, apple, dried cranberries, feta cheese, and acorn squash

Friday

Maple Salmon

Fresh Salmon with a touch of Vermont

Roasted Butternut Squash Salad

A homemade fall salad featuring butternut squash, spinach, cranberries, feta cheese, topped with a tangerine rosemary vinaigrette.