



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.

Week of October 13th to 17th

Monday

Chicken Gumbo

Guaranteed to warm you up.

Vegetarian Stuffed peppers

Brown rice, black beans, corn, onion, chili peppers, marinara, spices, and diced tomato, topped with cheddar cheese.

Tuesday

Stuffed Shells with Meat sauce

Sausage, marinara, and cheese stuffed shells.

Mushroom Risotto

Slow cooked Italian rice dish with mushrooms, heavy cream, cheese, and garlic

Wednesday

Lemon Pepper Parmesan Chicken

A fan favorite with a twist

Fall Vegetable Orzo & Chickpeas

Autumn vegetables with chickpeas and orzo.

Thursday

Beef & Broccoli Stir-fry

Beef strips, broccoli, garlic, and ginger, in a GF soy sauce.

Sweet Chili Tofu

Local tofu, Thai chili sauce.

Friday

Blackened Salmon

Fresh Salmon and Cajun seasoning.

Spinach & Artichoke Dip

Spinach, artichokes, blended cheeses, Italian baguette