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| C:\Users\k.barss\Desktop\cafe.jpg  **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 October 6th to 10th** | **Monday**  Beef Taco Salad  A festive salad on top of tortilla chips.  Bean, Cheese, and Rice Burrito  Seasoned refried beans, green chilies, rice, cheddar cheese in a tortilla wrap.  **Tuesday**  Reuben Casserole  All the flavors of a classic Reuben sandwich , baked together into a casserole.  Sweet Pea Risotto  A homemade dish with sweet peas, arborio rice, vegetable broth and parmesan cheese.  **Wednesday**  Chicken & Gravy  A homemade dish with seasoned chicken thighs, and gravy, served on mashed potato.  Pearl Couscous with Chickpeas  A homemade dish with couscous, chickpeas, raisins, spinach, and vegetable broth.  **Thursday**  Turkey Burgers  Turkey burgers topped with Cabot cheddar  Gluten Free without bun  Pizza Bean Skillet  A homemade bean dish with the flavors of a pizza.    **Friday**  Meatloaf  Local beef , onion, gluten free breadcrumbs, and seasoning.    Portobello Mushroom Flatbread  Portobello mushrooms, caramelized onions, thyme, and blue cheese crumbles. |