Bennington College Weekly Menu:May 20-26,2013 (2)

	Breakfast	Lunch	Dinner
Always Available	Chilled Juices--Cold Cereals Bennington Granola--Fresh Bagels Yogurt Bar with toppings MYO Waffle Bar--Vegan Waffles Fresh Fruit	Salad and Deli Bar--Pasta Station Daily Pizza--Fresh Fruit--MYO Vegan dish Yogurt Bar with toppings Refried Beans--Brown Rice--Black Beans Ice Cream and Sorbet with Toppings	Salad and Deli Bar--Pasta Station Daily Pizza--Fresh Fruit--MYO Vegan dish Yogurt Bar with toppings Refried Beans--Brown Rice--Black Beans Ice Cream and Sorbet with Toppings
Monday	Hot Oatmeal or Cream of Wheat Cereal Cage Free Eggs: Hard Boiled-Scrambled Cheesy Scrambled--Bacon--Fakin Bacon Blueberry Pancakes--Crispy Cubed Potatoes Steamed Carrots Fresh Cranberry Bread	Portuguese Kale & Potato Chowder Hot Pastrami on Rye w/ mild & hot mustard sauce Grilled Portobello Mushrooms w/Tomato Leek Salsa Spicy Black Bean Bake Steamed Vegetable Medley Steamed Peas Magic Cookie Bars-Vegan Cookies	Chicken Tikka Masala Palak Paneer Red Lentil Dahl Naan Bread Steamed White Rice Steamed Carrots--Steamed Peas Assorted Fruit Pies with Whipped Topping
Tuesday	Hot Oatmeal or Maypo Cereal Cage Free Eggs: Hard Boiled-Scrambled Mexican Scrambled--Steamed Kale Cinnamon Raisin French Toast--Tater Tots Breakfast Sausage Links--Smart Links Pan-Seared Breakfast Tofu--Banana Muffins	Tomato Florentine Soup Artisan Grilled Cheese Sandwiches with Tomato Cavatappi Pasta with Spinach, Garlic and Beans Broccoli and Roasted Red Pepper Quiche Steamed Spinach and Bok Choy Crispy Shoestring Potatoes Cream Cheese Brownies-Vegan cookies	Texas Oven Roasted Beef Brisket Thai Curried Tofu Quinoa with Basil & Caramelized Onions Garlic Spinach with Sesame Seeds Steamed Green Beans Steamed Beets Yellow Cake W/Chocolate Frosting
Wednesday	Hot Oatmeal or Wheatina Cereal Cage Free Eggs: Hard Boiled-Scrambled MYO Eggs Benedict or Florentine--Canadian Bacon Steamed Spinach--Chocolate Chip Pancakes Fakin' Bacon--Hash Browns Triple Berry Crumb Cake	Navy Bean & Pesto Soup Grilled cheese-plain-veggie or turkey burger Your favorite topping bar French Fries Steamed corn Macaroni and Cheese Cranberry Crunch Bars-Vegan cookies	Rosemary Pork Loin w/ Garlic Pan Gravy Vietnamese Tofu, Eggplant and Green Bean Stir-Fry Maple-Dijon Glazed Seared Salmon Wild Rice Pilaf with Lentils Baked Steamed Brussels Sprouts Steamed Yellow Squash Coconut and Banana Cream Pie
Thursday	Hot Oatmeal or Cream of Wheat Cereal Cage Free Eggs: Hard Boiled-Scrambled Garden Scramble--Blueberry Pancakes Sausage Gravy with Biscuits Scrambled Tofu--Crispy Cubed Potatoes Steamed Zucchini--Oat Bran Raisin Muffins	Split Pea Soup Italian Deli Stromboli Pita "Pizza" with Hummus, Eggplant and Arugula Spring Vegetable Paella Waffle Fries/Steamed Corn Steamed Swiss Chard Hot Apple Crisp with Whipped Cream	Grilled Chicken with Chipotle Red Pepper Pesto Linguine with Garlic, Tomato and Olive Oil Tofu Milanese with Tomato-Basil Relish Pastitsio Primavera Vegetables Steamed Tarragon Carrots Decorate your own Cupcake
Friday	Hot Oatmeal or Maypo Cereal Cage Free Eggs: Hard Boiled-Scrambled Tater Tots--Orange Cranberry Pancakes Bacon--Fakin' Bacon Steamed Broccoli & Cauliflower Apple Cinnamon Bread	Cauliflower & Roasted Red Pepper Soup MYO tricked out chicken sandwich Grilled or Blackened-Bacon, Spinach, Arugula L,T,O, Roasted Peppers, Sauces and Spreads Mexican Rice Black Bean Stew Steamed Beets--Steamed Brussels Sprouts Blondies	Classic Meatloaf with Crispy Bacon Baked Haddock Dijonaisse Sweet Potato Mash Vegetable Jambalaya Tofu-Vegetable Etoufee Garden Vegetable Saute Red Velvet Cake
		Brunch	**Dinner**
Saturday		Soup of the Day--Hot Oatmeal or Maltex Cereal Cage Free Eggs: Hard Boiled-Scrambled Scrambled Tofu--Parisian French Toast Home Fries--Bacon--Fakin' Bacon Steamed Spinach Assorted Muffins	Pizza night Garlic Knots Garden Vegetable Ravioli Bake Spicy Chicken Wings Steamed Green Beans Steamed Squash & Zucchini Double Fudge Ribbon Cake
		Brunch	**Dinner**
Sunday		Soup of the Day--Hot Oatmeal or Grits Cereal Cage Free Eggs: Hard Boiled-Scrambled Western Scramble--Peach Pancakes--Tater Tots Sausage Patties--Smart Links Steamed Zucchini Banana Bread	Grilled "Chicken Parmegianno" Haddock Provencal with Basil Crumb Baked Eggplant Parmesan Steamed Baby Carrots Steamed Spinach Red Bliss Mashed Potatoes MYO Ice Cream Sundae Bar--Topping Bar

Meal Hours:			
Monday - Friday		**Saturday/Sunday**	
Continental:	**7:00a - 7:30a**	**Cont:**	**8:00a - 11:00a**
Breakfast:	**7:30a-9:00a**	**Brunch:**	**11:00a-12:00p**
Continental:	**9:00a- 10:00a**	**Cont:**	**12:00p- 1:00p**
Lunch:	**11:30a - 1:30p**	**Dinner:**	**5:00p - 6:30p**
Dinner:	**5:00p - 6:30p**		**Menu subject to change.**
			Cycle 2.0