# Bennington College Weekly Menu: May 13-19, 2013 (1)

| | Breakfast | Lunch | Dinner |
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| **Always Available** | Chilled Juices--Cold Cereals<br>Bennington Granola--Fresh Bagels<br>Yogurt Bar with toppings<br>MYO Waffle Bar, Vegan Waffles<br>Fresh Fruit | Salad and Deli Bar--Pasta Station<br>Daily Pizza--Fresh Fruit--MYO Vegan dish<br>Yogurt Bar with toppings<br>Refried Beans--Brown Rice--Black Beans<br>Ice Cream and Sorbet with Toppings | Salad and Deli Bar--Pasta Station<br>Daily Pizza--Fresh Fruit--MYO Vegan dish<br>Yogurt Bar with toppings<br>Refried Beans--Brown Rice--Black Beans<br>Ice Cream and Sorbet with Toppings |
| **Monday** | Hot Oatmeal or Cream of Wheat Cereal<br>Cage Free Eggs: Hard Boiled-Scrambled<br>Raspberry Pancakes--Bacon Strips--Fakin' Bacon<br>Crispy Cubed Potatoes<br>Steamed Kale<br>Chocolate Chip Muffins | Green Curried Vegetable Soup<br>Crispy Southern Fried Chicken<br>Vegan Nuggets<br>Mashed Red Skin Potatoes<br>Wild Mushroom and Garden Vegetable Pot Pie<br>Steamed Broccoli<br>Steamed Baby Carrots<br>Rice Krispies Squares | Roast Turkey Breast with Gravy<br>Vegan Wild Mushroom Field Roast w/Veg. Gravy<br>Bread Stuffing--Cranberry Sauce<br>Baked Yams--Mashed Potatoes<br>Baked Cinnamon Apples<br>Harvard Beets<br>Pumpkin Pie with Whipped Cream |
| **Tuesday** | Hot Oatmeal or Maypo Cereal<br>Cage Free Eggs: Hard Boiled-Scrambled<br>Mexican Scramble--Cinnamon Raisin French Toast<br>Pan Seared Tofu--Tater Tots--Steamed Carrots<br>Breakfast Sausage Links--Smart Links<br>Mixed Berry Crumb Cake | Cream of Broccoli Soup<br>Gyros (Pita Bread & Cucumber Sauce)<br>Tofu Gyros<br>Garlic Lentils<br>Mediterranean Style Spinach Salad<br>Vegetable Medley--Steamed Kale<br>Bourbon Fudge Brownies | Grilled Pork Chops--Hot Apple Sauce<br>Coconut Braised Salmon<br>Lentil & Vegetable Stew<br>Brussels Sprouts with Apples & Almonds<br>Steamed Peas<br>Pierogies, Sauteed Onions and Sour Cream<br>Pound Cake w/ Lemon Icing |
| **Wednesday** | Hot Oatmeal or Wheatina Cereal<br>Cage Free Eggs: Hard Boiled-Scrambled or your<br>MYO Eggs Benedict or Florentine--Canadian Bacon<br>Steamed Spinach--Orange Cranberry Pancakes<br>Turkey Bacon--Crispy Cubed Potatoes<br>All Bran Muffins | French Onion Soup<br>Gourmet Hot Dog Bar--Tofu Pups<br>Beef Or Vegan Garden Vegetable Chili<br>Steamed Corn<br>French Fries<br>Apple Orchard Bars | Grilled London Broil<br>Eggplant & Chickpea Tagine<br>Basmati Rice<br>Oven Browned Potatoes<br>Steamed Vegetable Medley<br>Steamed Zucchini<br>Boston Cream Pie |
| **Thursday** | Hot Oatmeal or Cream of Wheat Cereal<br>Cage Free Eggs: Hard Boiled-Scrambled<br>Western Scrambled--Sausage Gravy with Biscuits<br>Scrambled Tofu--Hash Browned Potatoes<br>Steamed Squash & Zucchini<br>Blueberry Pancakes<br>Banana Walnut Cake | Roasted Eggplant & Garlic Soup<br>Chicken, Pesto and Tomato Caprese Flatbreads<br>Vegan Calypso Pineapple Bean pot<br>Fried Clam Roll<br>Steamed Jasmine Rice<br>Herbed Yellow Squash with Roasted Red Peppers<br>Steamed Green Beans<br>Magic Cookie Bars | Pasta Night: Penne--Farfalle--Linguini<br>Whole Wheat--Gluten Free<br>Marinara--Meat Sauce--A la vodka<br>Grilled Chicken and Portabella Tortellini Alfredo<br>Steamed Spinach and Baby Carrots<br>Garlic Bread<br>Oreo Cheese Cake |
| **Friday** | Hot Oatmeal or Maypo<br>Cage Free Eggs: Hard Boiled-Scrambled<br>Fresh Apple Pancakes<br>Bacon--Fakin' Bacon<br>Steamed Spinach--Tater Tots<br>Blueberry Muffins | Classic Tomato Soup<br>Grilled Cheese w/wo tomato on whole wheat<br>Tater Tots Or White Rice<br>Sesame Chicken Stir-Fry<br>Vegan Stir-Fry<br>Steamed Spinach--Steamed Broccoli<br>Chocolate & Vanilla Graham Cracker Pudding | Hoisin Roasted Chicken<br>Thai Chili Glazed Haddock with Panko Crumb<br>Tofu Vegetable Lomein<br>Vegetable Fried Rice<br>Steamed Broccoli & Cauliflower<br>Chocolate Caramel Walnut Cake |
| | | **Brunch** | **Dinner** |
| **Saturday** | | Soup of the Day--Hot Oatmeal or Cream of Wheat<br>Cage Free Eggs: Hard Boiled-Scrambled<br>Scrambled Tofu--Home Fries<br>Texas Style French Toast<br>Bacon--Fakin' Bacon<br>Steamed Cauliflower<br>Blueberry & Peach Crumb Cake | Barbequed Pork Or Veggie Ribs<br>Baked Panko-Crusted Tilapia Fillet<br>Cajun Tofu with Creole Sauce<br>Steamed Peas with Pearl Onions<br>Steamed Corn<br>Oven Browned Potatoes<br>Key lime Pie |
| | | **Brunch** | **Dinner** |
| **Sunday** | | Soup of the Day--Hot Oatmeal or Maypo Cereal<br>Cage Free Eggs: Hard Boiled-Scrambled<br>Maple Pecan Pancakes<br>Sausage Patties--Smart Links<br>Tater Tots--Steamed Spinach<br>Apple Cinnamon Muffins | Taco Night: Beef--Chicken--Tofu Taco's--Topping Bar<br>Nacho Grande<br>Mexican Bean Bake<br>Steamed Green Beans Or Corn<br>Corn Bread<br>MYO Ice Cream Sundae--Topping Bar |

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| **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 1.0** |