

Three Seasons Restaurant

AT BLACKSTONE VALLEY TECH

WWW.VALLEYTECH.K12.MA.US/THREESEASONS

**Reservations accepted
Tuesday - Friday
10:30 a.m. - 12:45 p.m.**

*to make reservations call
(508) 529-7758 Ext. 3109*

**PLEASE CHECK ON OUR
WEBSITE FOR ANY CHANGES
TO OUR REGULAR HOURS**

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**DATES AND TIMES SUBJECT TO
CHANGE WITH SCHOOL CALENDAR**

Freshman Exploratory Menu



appetizers



chicken fingers

*hand-breaded chicken breast strips served with house-made barbecue sauce or honey mustard / 4.75
with fries / 5.50*

mozzarella sticks

hand-cut mozzarella cheese, lightly breaded and fried, served with marinara sauce / 4.75

soup du jour

*selection of daily house-made soups
cup / 2.50 bowl / 3.00*

buffalo chicken fingers

*bvt chicken fingers tossed in our creamy buffalo sauce and served with blue cheese dipping sauce / 4.75
with fries / 5.50*

crab rangoons

house-made crispy dumpling filled with crab and cream cheese served with ginger soy dipping sauce / 4.75

sandwiches



*all sandwiches are served with your choice of hand-cut steak fries, sweet potato fries or house-made chips.
*gluten free burger buns are available**

blt sandwich

crispy bacon, lettuce and tomato with mayonnaise on toasted bread / 5.50

grilled cheese

*classic grilled sandwich with american cheese between two slices of buttered bread / 4.50
add bacon, ham or tomato / .75 each*

turkey club

turkey, lettuce, tomato, bacon and mayonnaise layered between three slices of toasted bread / 6.00

classic cheeseburger

*broiled 1/3 pound patty with melted american cheese with lettuce, tomato and onion on a sesame seed bun / 6.50
with bacon / 7.25*

sweet potato burger

*grilled black bean and sweet potato burger with lettuce, tomato and onion served on a sesame seed bun / 6.50
* gluten friendly with gluten free bun**

cuban panini

slow roasted pork, sliced ham, swiss cheese, pickles and yellow mustard on grilled artesian bread / 6.00

chicken wrap

crispy or broiled chicken with lettuce, tomato and honey mustard in a flour tortilla / 7.00

chicken caesar wrap

choice of broiled, crispy or buffalo chicken in a flour tortilla with caesar salad / 7.00

buffalo blue cheese wrap

crispy buffalo chicken with lettuce, tomato and blue cheese dressing in a flour tortilla / 7.00

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Restaurant

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salads

full size salad add-ons:
crispy, buffalo or broiled chicken / 4.00
7 oz. broiled salmon / 8.00
sweet potato burger / 4.00

caesar salad

*romaine lettuce with house-made
croutons and parmesan
cheese tossed with our creamy
caesar dressing*
full size / 5.00 half size / 3.00

garden salad

*mixed greens with tomatoes,
cucumbers, carrots, red
onions and black olives
with your choice of dressing*
full size / 4.50 half size / 2.50

quinoa salad

*mixed greens with quinoa, roasted
sweet potato, granny smith apples,
and red onion with house-made
maple vinaigrette / 6.50*



entrées

broiled salmon

*hand cut 7 oz. salmon fillet finished with lemon
herb compound butter and served with rice
pilaf and vegetable of the day / 10.00*

house-made macaroni and cheese

*cavatappi pasta in a creamy cheddar
cheese sauce served with the
vegetable of the day / 5.50*
add tomato, bacon or peas / .75 each
add crispy, broiled or buffalo chicken / 4.00
pulled pork / 3.00

lemon chicken

*strips of lightly floured chicken breast
sautéed with garlic, sundried tomatoes and
spinach in a lemon butter white wine sauce
served over rice pilaf and
vegetable of the day / 7.00*

pulled pork quesadilla

*quesadilla filled with house-made
pulled pork and cheddar cheese
served with a side of french fries,
pico de gallo and sour cream / 6.00*

Before placing your order, please inform your server if you or anyone in your party has a food allergy. Consuming raw or under-cooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk for foodborne illness.

desserts



ice cream sundae

*vanilla or chocolate ice cream with
house-made chocolate or caramel sauce
and freshly whipped cream / 4.00*

brownie sundae

*a decadent chocolate brownie topped with
chocolate or vanilla ice cream,
house-made chocolate sauce and
freshly whipped cream / 5.00*

Please note this is not an allergen-free environment. Products containing gluten, nuts, eggs, and dairy are prepared in our kitchens and due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.