Valentine Hall Menu for the week: 09–30–2012 to 10–06–2012

AMHERST COLLEGE INTRANET

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Hours	9am–11am	7:30am–10am	7:30am–10am	7:30am–10am	7:30am–10am	7:30am–10am	7:30am–10am
Grill	• Scrambled Eggs • Bacon • French Dipped Waffles • Vegan Oatcakes V ♥	• Fried Eggs • Scrambled Eggs • Bacon • Sausage Patties • Rosemary Roasted Potatoes • Raisin Bread French Toast O L • Vegan French Toast V	• Scrambled Eggs • Smoked Salmon, Asparagus & Cream Cheese Quiche w/Dill • Asparagus Cream Cheese Quiche w/Dill • Bacon • Kielbasa • Shredded Hash Browns V • Pancakes O L	• Fried Eggs • Scrambled Eggs • Bacon • Ham Steaks • O'Brien Potatoes V • French Dipped Waffles • Cinnamon Grits V ♥	• Scrambled Eggs • Scrambled Eggs w/Spinach & Parmesan cheese • Bacon • Sausage Links • Pan Fried Potatoes • Pancakes O L	• Fried Eggs • Scrambled Eggs • Bacon • Canadian Bacon • Potatoes Hongroise • French Toast Sticks • Oatmeal w/Fruit V ♥	• Scrambled Eggs • Bacon • French Dipped Waffles • Cottage Fries
Pastry Selection	• Pumpkin Spice Muffins • Assorted Bagels ♥ • English Muffins ♥	• Raspberry Sour Cream Muffins • Assorted Bagels ♥ • English Muffins ♥	• Low Fat Apple Sauce Coffee Cake ♥ • Assorted Bagels ♥ • English Muffins ♥	• Blueberry Muffins O L • Assorted Bagels ♥ • English Muffins ♥	• Cinnamon Buns • Assorted Bagels ♥ • English Muffins ♥	• Chocolate Sour Cream Muffins • Assorted Bagels ♥ • English Muffins ♥	• Apple Oat Bran Muffins • Assorted Bagels ♥ • English Muffins ♥
Lunch							
Hours	11am–2pm	11am–2pm	11am–2pm	11am–2pm	11am–2pm	11am–2pm	11am–2pm
Soup	• Chef's Selection Soup • Three Bean Chili Soup V	• Chicken Tortellini Soup O L • Tortellini Soup O L ♥ • Yellow Pea w/Roasted Red Peppers V	• Hearty Rice & Sausage Soup • Hearty Rice & Vegetable Soup • Tomato & Garden Vegetable Soup V	• Cheesy Potato Soup O L • Three Bean Chili Soup V	• Beef Noodle Soup O ♥ • Chipotle–Sweet Potato Soup V	• Corn Chowder L	• Chef's Selection Soup • Vegetarian Vegetable Soup V ♥
Lighter Side	• Grilled Breast of Chicken ♥ • Zucchini, Wild Mushroom, Carmelized Onion & Gruyere Quiche O L • California Blend Vegetable ♥ • Brown Rice V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Vegan Ravioli V • Italian Black Beans & Rice V ♥ • Green Bean Medley V ♥ • Baked Potato V ♥ • Brown Rice V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Veggie Burger Po Boy • Vegetarian Paella • Brussel Sprouts ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Quinoa Stew V • Egg Muffin • Fresh Green Beans • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Val Veggie Burger Wrap • Steamed Prima Vera Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • American Chop Suey w/o Meat • Spicy Rice & Beans V ♥ • Roasted Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Veggie Nuggets V ♥ • Harvest Blend Vegetables V ♥ • Brown Rice V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce
Traditional	• Bacon, Zucchini, Carmelized Onion & Fontina Quiche • White Rice V ♥ • California Blend Vegetable ♥ • Scrambled Eggs • Bacon • Sweet Potato Tater Tots • French Dipped Waffles • Vegan Oatcakes V ♥	• Ravioli Stravaganza, An assortment of Ravioli & Sauces prepared in different styles • Peas ♥ • Garlic Bread	• Shrimp Po Boy Sandwich • Roast Beef Po Boy • Potato Chips	• Egg McCharlie • Chicken Tenders • Tater Tots	• Val. Burger Wrap • Buffalo Chicken Wrap • Potato Chips	• American Chop Suey • New England Fish & Chips • Cole Slaw • Baby Carrots ♥	• Chicken Wing Bar • Carrot & Celery Sticks w/Ranch & Blue Cheese Dipping Sauce • Broccoli Flowers • Scrambled Eggs • Bacon • French Dipped Waffles • Cottage Fries
Deli	• Turkey ♥ • Ham • Roast Beef • Tuna Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Salami • Tuna Salad ♥ • Chicken Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Black Forrest Ham • Tuna Salad ♥ • Ham Salad • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Smoked Turkey ♥ • Tuna Salad ♥ • Seafood Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Bologna • Tuna Salad ♥ • Turkey Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Corned Beef • Tuna Salad ♥ • Egg Salad • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Tuna Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese
Pizza		• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	
Salads		• Marinated Artichoke Hearts • Greek Pasta Salad	• Mediterranean Roasted Chic Pea Salad • Potato Salad	• Moroccan Barley Salad • Mixed Fruit V ♥	• Lebanese White Bean Salad • Corn Salad	• Cole Slaw • Taco Pasta Salad	
Pastry Selection	• Assorted Bagels ♥ • Pumpkin Spice Muffins	• Carnival Cookies	• Vanilla Pudding ♥	• Caramelicious Brownies	• Lemon Poppy Seed Cake w/Lemon Icing	• Oatmeal Raisin Cookies	• Apple Oat Bran Muffins • Assorted Bagels ♥
Dinner							
Hours	4:30pm–7:30pm	4:30pm–7:30pm	4:30pm–7:30pm	4:30pm–7:30pm	4:30pm–7:30pm	4:30pm–7:30pm	4:30pm–7:30pm
Soup	• Chef's Selection Soup • Three Bean Chili Soup V	• Chicken Tortellini Soup O L • Tomato & Garden Vegetable Soup V	• Hearty Rice & Sausage Soup • Hearty Rice & Vegetable Soup • Tomato & Garden Vegetable Soup V	• Cheesy Potato Soup O L • Three Bean Chili Soup V	• Beef Noodle Soup O ♥ • Chipotle–Sweet Potato Soup V	• Corn Chowder L	• Chef's Selection Soup • Vegetarian Vegetable Soup V ♥
Lighter Side	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Veggie Stuffed Peppers V • Baked Beans V • Fresh Butternut Squash ♥ • Brussel Sprouts ♥ • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Zucchini Corn Fajitas • Frijoles • Fresh Steamed Broccoli V ♥ • Roasted Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Tofu Stir Fry V ♥ • Samosa Casserole V • Swiss Chard V ♥ • Harvest Blend Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Tofu Marsala w/Mushrooms • Zucchini & Peppers in Olive Oil V ♥ • Cauliflower ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Pakoras V • Sweet & Sour Sauce • Blackened Tofu V ♥ • Fresh Green Beans • Baked Potato V ♥ • Brown Rice V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Italian Marinated Tofu V ♥ • Vegan Tortellini V • Vegan Pesto V • Kale V ♥ • Peas ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Portabella Philly Grinder w/Onions • Bean Enchilada Casserole L • Fresh Spinach • Roasted Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥
Traditional	• Roast Breast of Turkey w/Giblet Gravy • Grilled Pork Chops w/Granny Smith Apple Butter • Mashed Potatoes L • Roasted Fresh Butternut Squash w/Asparagus V ♥	• Beef Fajita • Chicken Fajita • Salsa & Guacamole • Mexican Fried Rice • Frijoles	• Beef & Broccoli ♥ • Sesame Chicken Wings • Jasmine Rice V ♥ • Crab & Cream Cheese Rangoon	• Coq au Vin • Roast Leg of Lamb w/ Cider & Apples • Wild Rice Pilaf • Zucchini & Peppers in Olive Oil V ♥	• "Bavarian Grill" • Bratwurst • Kielbasa from the grill • Potato and Cheese Pierogi L • Braised Red Cabbage V	• Roast Chicken w/Porcini Mushroom Sauce • Salsiccia al Forno, Italian Sausage roasted w/Potato, Tomato, Olives, Onions & Pepperss • Gnocchi alle Verdure	• Beef Philly Cheesesteak • Chicken Philly Cheesesteak • Fried Onions & Mushrooms • Cheese Sauce O L • French Fries
Pasta	• Whole Wheat Pasta V ♥ • Penne V ♥ • Cheese Tortellini O L • Bolognese Sauce • Marinara Sauce • Pizzaiola Sauce	• Whole Wheat Pasta V ♥ • Penne V ♥ • Fettucini O ♥ • Bolognese Sauce • Marinara Sauce • Pesto Cream Sauce	• Whole Wheat Pasta V ♥ • Penne V ♥ • Shells V ♥ • Bolognese Sauce • Marinara Sauce • Gorgonzola Sauce	• Whole Wheat Pasta V ♥ • Penne V ♥ • Radiatorre ♥ • Bolognese Sauce • Marinara Sauce • White Clam Sauce	• Whole Wheat Pasta V ♥ • Penne V ♥ • Linguini V ♥ • Bolognese Sauce • Marinara Sauce • Creole Sauce	• Whole Wheat Pasta V ♥ • Penne V ♥ • Spaghetti V ♥ • Bolognese Sauce • Marinara Sauce • Al Fredo Tre Fromaggi L	• Whole Wheat Pasta V ♥ • Penne V ♥ • Bucatini • Bolognese Sauce • Marinara Sauce • Carbonara Sauce
Pizza	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas
Pastry and Bread	• French Bread • Sour Cream Chocolate Cake	• Dinner Rolls • Tres Leches Cake	• Dinner Rolls • Cream Cheese Brownies	• French Rolls • Chocolate Chip Blondies	• Dinner Rolls • Raspberry Oatmeal Bars	• Focaccia Bread • Chocolate Cake w/Mocha Frosting	• Dinner Rolls • Apple Pie

♥=Low Fat V=Vegan O L=Contains eggs and dairy L=Contains dairy (no eggs) O=Contains Eggs (no dairy)

Note: Menus are subject to change due to production planning. Every effort will be made to make menu changes prior to meal service.

Nutritional Analysis available upon request by email at: valentine@amherst.edu.