Valentine Hall Menu for the week: 10–07–2012 to 10–13–2012

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 • Pancakes O L • Vegan Banana Pancakes V	• Fried Eggs • Scrambled Eggs • Bacon • Sausage Patties • Rosemary Roasted Potatoes • French Toast O L • Vegan French Toast V	• Scrambled Eggs • Roast Chicken w/Artichokes, Mushrooms & Gruyere Quiche • Potato w/Artichokes, Mushrooms & Gruyere Quiche • Bacon • Kielbasa • Shredded Hash Browns V • French Toast Sticks	• Fried Eggs • Scrambled Eggs • Bacon • Ham Steaks • O'Brien Potatoes V • Pancakes O L • Vegan Oatcakes V ♥	• Scrambled Eggs • Scrambled Eggs w/Mushrooms & Onions • Bacon • Sausage Links • Pan Fried Potatoes • 100% Whole Wheat French Toast O L	• Fried Eggs • Scrambled Eggs • Bacon • Canadian Bacon • Potatoes Hongroise • Raisin Bread French Toast O L • Blueberry Cornmeal Pancakes V ♥	• Scrambled Eggs • Bacon • French Dipped Waffles
Pastry Selection	• Assorted Doughnuts • Assorted Bagels ♥ • English Muffins ♥	• Chocolate Chip Coffee Cake • Assorted Bagels ♥ • English Muffins ♥	• Peaches & Corn Muffins • Assorted Bagels ♥ • English Muffins ♥	• Blueberry & Cream Muffins O L • Assorted Bagels ♥ • English Muffins ♥	• Apple Sauce Raisin Oat Bran Muffins O L • Assorted Bagels ♥ • English Muffins ♥	• Apple Strudel • Assorted Bagels ♥ • English Muffins ♥	• Chocolate 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	• Hearty Vegetable Beef Soup • Tomato & Garden Vegetable Soup V	• Chicken Noodle Soup ♥ • Black Bean Soup V	• Broccoli Cheese Soup • Roasted Vegetable Soup V	• Beefy Cabbage Soup • Chipotle–Sweet Potato Soup V	• Green Pea w/Ham Soup • Curried Cauliflower Soup V	• Chef's Selection Soup • Vegetarian Vegetable Soup V ♥
Lighter Side	• Grilled Breast of Chicken ♥ • Vegetarian Paella • Fresh Yellow Squash • Brown Rice V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Bean Enchilada Casserole L • Harvest Blend Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Veggie Reuben on Rye L • Fresh Zucchini Squash ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Eggplant Parmesan Casserole • Roasted Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Confetti Pasta L • Asian Style Vegetables ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Baked Radiatorre Pasta • Brown Rice V ♥ • Roasted Vegetables V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Veggie Burger • Brown Rice V ♥ • Harvest Blend Vegetables V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce
Traditional	• Baked Ham Glazed w/Ginger & Summer Peaches • Baked Sweet Potato V ♥ • California Blend Vegetable ♥ • White Rice V ♥ • Scrambled Eggs • Corned Beef Hash • Mini Potato Pancakes • Pancakes O L • Vegan Banana Pancakes V	• Cajun Chicken & Pasta in a Cream Sauce • Seafood & Pasta Creole • Fresh Steamed Broccoli V ♥ • Rustic Petit Pain Rolls	• Grilled Rachel Sandwich • Grilled Reuben Sandwich • Potato Chips	• Charlies Chicken Sandwich • Korean Bulgogi Steak Sandwich with Asian Slaw	• Asian Noodle Bar w/all the toppings	• Triple Berry Salmon Salad w/Pomegranite Dressing ♥ • Triplle Berry Veggie Nugget Salad w/Pomegranite Dressing V ♥ • Baked Radiatore Pasta w/Italian Sausage • Green Beans ♥ • Garlic Sticks	• "Dawgs & Spuds" w/all the fixin's • French Fries • Onion Rings • Scrambled Eggs • Bacon • French Dipped Waffles
Deli	• Turkey ♥ • Ham • Roast Beef • Tuna Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Pastrami • Tuna Salad ♥ • Egg Salad • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Italian Roast Beef • Tuna Salad ♥ • Chicken Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Rosemary Sundried Tomato Ham • Tuna Salad ♥ • Ham Salad • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Deli Chicken ♥ • Tuna Salad ♥ • Chipotle Turkey 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 • Tuna Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese
Pizza		• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	
Salads		• Basmati Chicken Salad ♥ • Sweet Potato Salad	• Cole Slaw • Artichoke & Wild Rice Salad	• Eggplant & Bulgur Salad • Mixed Fruit V ♥	• Spicy Minted Barley Salad ♥ • Macaroni Salad	• Summer Cuke Salad ♥ • Nomad Salad ♥	
Pastry Selection	• Assorted Doughnuts • Assorted Bagels ♥ • English Muffins ♥	• Sour Cream Orange Cake	• Chocolate Chip Cookies	• Grapenut Pudding O L	• Grandma Sangreys Cowboy Cookies	• Brownies	• Chocolate Muffins • Assorted Bagels ♥ • English Muffins ♥
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	• Hearty Vegetable Beef Soup • Tomato & Garden Vegetable Soup V	• Chicken Noodle Soup ♥ • Black Bean Soup V	• Broccoli Cheese Soup • Roasted Vegetable Soup V	• Beefy Cabbage Soup • Chipotle–Sweet Potato Soup V	• Green Pea w/Ham Soup • Curried Cauliflower Soup V	• Chef's Selection Soup • Vegetarian Vegetable Soup V ♥
Lighter Side	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Savory Turnovers L • Ma Po Noodles w/Tofu V • Brussel Sprouts ♥ • Steamed Prima Vera Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Peppered Tofu w/Shallots • Quinoa Stuffed Peppers L • Steamed Fresh Carrots V ♥ • Peas & Onions • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Vegetable Lo Mein V • Fresh Green Beans • Asian Style Vegetables ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Southwestern Corn Pancakes O L • Jerked Tofu V ♥ • Swiss Chard V ♥ • Asian Style Vegetables ♥ • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Tofu Marsala w/Mushrooms • Pinwheels O L • Fresh Spinach • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • BBQ Tofu V ♥ • Red Beans & Rice V • Steamed Collard Greens V ♥ • Corn ♥ • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Eggplant Parmesan Hoagie • Kale V ♥ • Peas ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥
Traditional	• Beef Short Ribs Braised in Brown Ale & Sweet Onions • Chicken Roasted w/ Sea Salt, Lemon & Thyme • Scalloped Potatoes O L • Brussel Sprouts ♥	• Chicken Fontina in a Artichoke & Sundried Tomato Sauce • Roast Sirloin of Beef w/ Woodland Mushrooms • Oven Roast Potatoes V • Peas & Onions	• Tangerine Ginger Chicken • Shrimp Lo Mein • Sticky Rice V ♥ • Veggie Pot Stickers	• Jamaican Jerk Chicken • Rum & Cane Sugar Glazed Pork Loin • Calico Potatoes • Cauliflower ♥	• Paella alla Valencia • Wood Grilled Flank Steak w/ Duo Chimi Churi Sauces • Mashed Potatoes L • Green Beans ♥	• Brisket of Beef in Smokey Mountain Gravy • Southern Fried Chicken • Macaroni & Cheese O L • Corn ♥	• Meat Ball Sub • Chicken Parm Hoagie • Waffle Fries
Pasta	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Fettucini O ♥ • Bolognese Sauce • Marinara Sauce • Primavera Sauce L	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Tri Color Rotini ♥ • Bolognese Sauce • Marinara Sauce • Viareggina Sauce	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Spaghetti V ♥ • Bolognese Sauce • Marinara Sauce • Boscaiola Sauce	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Cheese Tortellini O L • Bolognese Sauce • Marinara Sauce • Vodka Sauce L	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Bucatini • Bolognese Sauce • Marinara Sauce • Siciliana Sauce	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Bow Ties O ♥ • Bolognese Sauce • Marinara Sauce • Pesto Cream Sauce	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Linguini V ♥ • Bolognese Sauce • Marinara Sauce • Pizzaiola Sauce
Pizza	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas
Pastry and Bread	• Dinner Rolls • Assorted Ice Cream Tubs	• French Bread • Cocoa Crispies Bars L	• French Rolls • Pina Colada Cake w/ Rum Frosting	• Dinner Rolls • Yellow Cake w/Mocha Frosting	• Dinner Rolls • Zucchini Spice Cake w/Cream Cheese Frosting	• Dinner Rolls • Peach Cobbler	• French Rolls • White Cake w/Chocolate Frosting

♥=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.