Valentine Hall Menu for the week: 02-17-2013 to 02-23-2013

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 • Pancake French Toast O L • Cinnamon Apple Grits V ♥	• Fried Eggs • Scrambled Eggs • Bacon • Sausage Patties • Rosemary Roasted Potatoes • Texas French Toast O L • Oatmeal w/Fruit V ♥	• Scrambled Eggs • Chorizo Sausage, Portabella Mushroom, Spinach & Asiago Cheese Quiche • Portabella Mushroom & Spinach Quiche w/Asiago Cheese • Bacon • Kielbasa • Shredded Hash Browns V • Chocolate Chip Pancakes O L	• Fried Eggs • Scrambled Eggs • Bacon • Ham Steaks • O'Brien Potatoes V • French Dipped Waffles • Tofu Scramble V ♥	• Scrambled Eggs • Scramble Eggs w/Green Peppers & Onions • Bacon • Sausage Links • Pan Fried Potatoes • Blueberry Pancakes O L	• Fried Eggs • Scrambled Eggs • Bacon • Canadian Bacon • French Toast O L • Potatoes Hongroise • Vegan French Toast V	• Scrambled Eggs • Bacon • French Toast Sticks
Pastry Selection	• Low Fat Cinnamon Peach Muffins ♥ • Assorted Bagels ♥ • English Muffins ♥	• Maple Blueberry Muffins • Assorted Bagels ♥ • English Muffins ♥	• Cider Doughnuts • Assorted Bagels ♥ • English Muffins ♥	• Cinnamon Swirl Muffins • Assorted Bagels ♥ • English Muffins ♥	• Sour Cream Chocolate Chip Coffee Cake O L • Assorted Bagels ♥ • English Muffins ♥	• Raspberry Muffins • Assorted Bagels ♥ • English Muffins ♥	• Double Banana 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	• Mexican Bean Soup w/Sausage • Tomato & Garden Vegetable Soup V	• Chicken Rice Soup ♥ • Black Bean Soup V	• Minestrone Soup O ♥ • Aztec Chili w/Ancient Grains	• Country Chicken & Vegetable Soup • Chipotle-Sweet Potato Soup V	• Flame Roast Corn & Pepper Chowder O L • Ginger Carrot Artichoke V ♥	• Chef's Selection Soup • Yellow Pea w/Roasted Red Peppers V
Lighter Side	• Grilled Breast of Chicken ♥ • Vegan Ravioli V • Roasted Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Boca Burger V ♥ • Harvest Blend Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Creole Black Beans V • Fresh Zucchini Squash ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Grilled Vegetable Taco • Fresh Green Beans • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Ma Po Noodles w/Tofu V • Steamed Prima Vera Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Refried Beans V • Steamed Fresh Carrots V ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Portabella & Roasted Vegetable Gyro • Asian Style Vegetables ♥ • Brown Rice V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce
Traditional	• Manicotti • Bolognese Sauce • Marinara Sauce • Garlic Sticks • Scrambled Eggs • Bacon • Tater Tots • Pancake French Toast O L • Cinnamon Apple Grits V ♥	• "Greek Pasta"-Grilled Chicken w/ Artichokes,Kalamata Olive, Tomato and Olive Oil • "Greek Pasta" – Fresh Spinach, Artichoke, Kalamata Olive, Tomato and Olive Oil • Focaccia Bread	• Grilled Chicken w/Roma Tomato, Fresh Mozzarella & Basil Aioli on A Cuban Roll • Muffalette Sandwich • Potato Chips	• Grilled Fish Taco • Nacho Bar • Spanish Rice	• Turkey Bacon Wrap • Roasted Vegetable Wrap • Kettle Chips	• "King Ranch" Chicken Casserole • Cozumel Shrimp Salad • Tofu Cozumel Salad • Tostitos	• Beef Gyro • Chicken Gyro • White Rice V ♥ • Scrambled Eggs • Bacon • French Toast Sticks • Waffle Fries
Deli	• Turkey ♥ • Ham • Roast Beef • Tuna 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 • Mesquite Turkey ♥ • Tuna Salad ♥ • Chicken Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Salami • Tuna Salad ♥ • Ham Salad • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Italian Roast Beef • Tuna Salad ♥ • Egg Salad • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Bologna • Tuna Salad ♥ • Buffalo Chicken 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		• Garden Cous Cous & Black Bean Salad ♥ • Potato Salad	• Cole Slaw • Mustard Chicken Broccoli Salad	• Sesame Ginger Pasta Salad • Mixed Fruit V ♥	• Antipasto Salad • Tex-Mex Rice Salad ♥	• Black Bean & Corn Salad ♥ • Marinated Vegetable Salad	
Pastry Selection	• Low Fat Cinnamon Peach Muffins ♥ • Assorted Bagels ♥	• Cherry Cola Brownies	• Ice Cream Novelties • Italian Ice V ♥	• Cookies & Cream Cake	• White Cake w/Chocolate Frosting	• Chocolate Chip Cookies	• Double Banana Bran 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	• Mexican Bean Soup w/Sausage • Tomato & Garden Vegetable Soup V	• Chicken Rice Soup ♥ • Black Bean Soup V	• Minestrone Soup O ♥ • Aztec Chili w/Ancient Grains	• Country Chicken & Vegetable Soup • Chipotle-Sweet Potato Soup V	• Flame Roast Corn & Pepper Chowder O L • Ginger Carrot Artichoke V ♥	• Chef's Selection Soup • Yellow Pea w/Roasted Red Peppers V
Lighter Side	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Pesto Tofu • Chana Masala Style Chic Peas V • Swiss Chard V ♥ • Peppered Corn • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Blackened Tofu V ♥ • Black Bean, Corn & Rice Burrito O L • Fresh Steamed Broccoli V ♥ • Steamed Prima Vera Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Thai Curried Chic Peas V • Turmip Greens • Asian Style Vegetables ♥ • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Vegetable Vindaloo V • BBQ Tofu V ♥ • Fresh Steamed Broccoli V ♥ • Bean Melange V • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Harvest Blend Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Vegan Garden Burger V ♥ • Chili Fritos L • Fresh Zucchini Squash ♥ • Peas ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Portabella & Squash Panini L • Fresh Spinach • Roasted Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥
Traditional	• Baked Stuffed Flounder in Lobster Stew • Yankee Pot Roast w/Late Harvest Vegetables • New Potatoes in Parsley Butter • Peppered Corn	• Chicken Enchilada Casserole • Carne Asada • Cilantro Rice V ♥ • Charro Beans • Tostitos • Nacho Cheese Sauce	• Thai Red Curry w/Beef • Teriyaki Breast of Chicken • Jasmine Rice V ♥ • Spring Rolls	• Sirloin Tips w/Mushrooms • Roasted Chicken w/Honey, Lavender & Rosemary • Rice Pilaf V ♥ • Gratin of Garden Vegetables V	• Breakfast For Dinner • Huevos Rancheros L • Scrambled Eggs • Texas French Toast O L • Cherry Topping • Bacon	• Bacon Cheeseburgers • All Beef Hot Dogs • French Fries • Onion Rings	• Turkey w/Apple & Brie Panini • Cuban Roast Pork, Ham & Swiss on Cuban Roll • Kettle Chips
Pasta	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Fettucini O ♥ • Bolognese Sauce • Marinara Sauce • White Clam Sauce	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Cheese Stuffed Rigatoni O L • Bolognese Sauce • Marinara Sauce • Gorgonzola Sauce	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Spaghetti V ♥ • Bolognese Sauce • Marinara Sauce • Al Fredo Tre Fromaggi L	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Gnocchi • Bolognese Sauce • Marinara Sauce • Carbonara Sauce	• Whole Wheat Pasta V ♥ • Bucatini • Rigatoni V ♥ • Bolognese Sauce • Marinara Sauce • Creole Sauce	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Fettucini O ♥ • Bolognese Sauce • Marinara Sauce • Boscaiola Sauce	• Whole Wheat Pasta V ♥ • Rigatoni V ♥ • Bow Ties O ♥ • Bolognese Sauce • Marinara Sauce • Siciliana Sauce
Pizza	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas
Pastry and Bread	• Dinner Rolls • Chocolate Cream Pie	• Corn Bread ♥ • Yellow Cake w/White Frosting	• Biscuits ♥ • Strawberries ♥	• Dinner Rolls • Lemon Coconut Bars	• Dinner Rolls • Butterscotch Blondies	• French Rolls • Country Apple Dessert	• Dinner Rolls • M&M Brownies

♥=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.