Valentine Hall Menu for the week: 02–24–2013 to 03–02–2013

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 • Pancakes O L • Vegan Banana Pancakes V	• Fried Eggs • Scrambled Eggs • Bacon • Sausage Patties • Rosemary Roasted Potatoes • French Dipped Waffles • Tofu Scramble V ♥	• Scrambled Eggs • Shrimp & Andouille Sausage Quiche w/ Onions, Peppers & Pepper Jack Cheese O L • Okra & Tomato Quiche w/Pepper Jack Cheese • Bacon • Kielbasa • Shredded Hash Browns V • Pancakes O L	• Fried Eggs • Scrambled Eggs • Bacon • Ham Steaks • O'Brien Potatoes V • 100% Whole Wheat French Toast O L • Vegan French Toast V	• Scrambled Eggs • Scrambled Eggs w/Cheese & Salsa • 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 • Pancakes O L • Hasbrown Patties
Pastry Selection	• Cranberry Corn Muffin • Assorted Bagels ♥ • English Muffins ♥	• Chocolate Chip Muffins • Assorted Bagels ♥ • English Muffins ♥	• Strawberry Shortcake Muffin • Assorted Bagels ♥ • English Muffins ♥	• Maple Muffins • Assorted Bagels ♥ • English Muffins ♥	• Corn Muffins ♥ • Assorted Bagels ♥ • English Muffins ♥	• Cinnamon Coffee Cake • Assorted Bagels ♥ • English Muffins ♥	• Blueberry Cream Cheese Muffins O L • 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	• Pasta E Fagioli Soup w/o Meat O L • Tomato & Garden Vegetable Soup V	• Spicy Chicken Soup ♥ • Black Bean Soup V	• Cheddar Tomato Basil Soup • Aztec Chili w/Ancient Grains	• Vegetable Beef Soup ♥ • Chipotle–Sweet Potato Soup V	• Clam Chowder • Ginger Carrot Artichoke V ♥	• Chef's Selection Soup • Yellow Pea w/Roasted Red Peppers V
Lighter Side	• Grilled Breast of Chicken ♥ • Vegan Ravioli V • Fresh Steamed Broccoli V ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Penne w/Portabella Mushroom & Broccoli in an Asiago Cream Sauce O L • Fresh Zucchini Squash ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Vegan Garden Burger V ♥ • Roasted Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Spicy Rice & Beans V ♥ • Steamed Fresh Carrots V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Vegan 3 Bean Chili ♥ • Harvest Blend Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Baked Penne Casserole L • Steamed Prima Vera Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce	• Grilled Breast of Chicken ♥ • Grilled Vegetable Taco • Fresh Haricot Verts Green Beans V ♥ • Brown Rice V ♥ • Baked Potato V ♥ • Whole Wheat Pasta V ♥ • Marinara Sauce
Traditional	• Stuffed Shells O L • Marinara Sauce • Bolognese Sauce • Fresh Steamed Broccoli V ♥ • Scrambled Eggs • Bacon • Pancakes O L • Vegan Banana Pancakes V • Sweet Potato Tater Tots	• Penne w/Grilled Chicken & Broccoli in an Asiago Cream Sauce • California Blend Vegetable ♥ • Garlic Bread w/Cheese	• 1/4lb Hamburger • All Beef Hot Dogs • Baked Beans V • French Fries	• Southwestern Chicken Sandwich • Carolina Pulled Pork • Bulky Roll • Sweet Potato Fries • Jalapeno Corn Bread ♥	• Val Chili Festival • Chuckwagon Chili • Smoked Chicken Chili • Ground Bison Chili • White Rice V ♥ • Tostitos	• Baked Penne Casserole w/Sweet Sausage • Seared Salmon Nicoise Salad • Veggie Nugget Nicoise Salad ♥ • Garlic & Herb Breadsticks	• "Taco Bar" w/Hard & Soft Shells, Beef, Chicken, and all the toppings • Mexican Rice • Refried Beans V • Corn ♥ • Tostitos • Scrambled Eggs • Bacon • Pancakes O L • Hasbrown Patties
Deli	• Turkey ♥ • Ham • Roast Beef • Tuna Salad ♥ • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Mesquite Turkey ♥ • Tuna Salad ♥ • Ham Salad • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Deli Chicken ♥ • Tuna Salad ♥ • Egg Salad • Cheddar Cheese • Provolone Cheese • Swiss Cheese	• Turkey ♥ • Ham • Roast Beef • Pastrami • Tuna Salad ♥ • Chipotle Turkey 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 • Rosemary Sundried Tomato Ham • 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		• Trumped Out Tabbouleh Salad • Marinated Mushrooms V	• Macaroni Salad • Italian Tomato Salad	• Cole Slaw • Mixed Fruit V ♥	• Tortellini Salad • Flame Roasted Corn & Peppers Salad ♥	• Curried Rice Salad ♥ • Broccoli Salad ♥	
Pastry Selection	• Cranberry Corn Muffin • Assorted Bagels ♥ • English Muffins ♥	• Sugar Cookies	• Chocolate Pudding	• Congo Bars	• Spice Cake	• Oatmeal Raisin Cookies	• Blueberry Cream Cheese Muffins O L • 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	• Pasta E Fagioli Soup w/o Meat O L • Tomato & Garden Vegetable Soup V	• Spicy Chicken Soup ♥ • Black Bean Soup V	• Cheddar Tomato Basil Soup • Aztec Chili w/Ancient Grains	• Vegetable Beef Soup ♥ • Chipotle–Sweet Potato Soup V	• Clam Chowder • 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 ♥ • Lentil Stew V • Fresh Green Beans • Steamed Prima Vera Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Macaroni & Cheese O L • Jerked Tofu V ♥ • Swiss Chard V ♥ • Harvest Blend Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Tofu Stir Fry V ♥ • Fresh Steamed Broccoli V ♥ • Asian Style Vegetables ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Lasagne alle Caprese layered w/Pesto and Ricotta Cheese • Steamed Collard Greens V ♥ • Eggplant, Zucchini & Peppers in Olive Oli V • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Peppered Tofu w/Shallots • Kale V ♥ • Fresh Green Beans • Brown Rice V ♥ • Baked Sweet Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Fava Bean Casserole V ♥ • Fresh Spinach • Roasted Vegetables V ♥ • Brown Rice V ♥ • Baked Potato V ♥	• Fresh Catch of the Day ♥ • Grilled Breast of Chicken ♥ • Quinoa Stew V • Turmip Greens • Harvest Blend Vegetables V ♥ • Brown Rice V ♥ • Baked Sweet Potato V ♥
Traditional	• Chicken Roasted w/ Harissa & Honey w/ A Preserved Lemon Garnish • Slow Roasted Leg of Lamb w/ Citrus Garlic & Mint • Cous Cous Tfaya ♥ • Green Bean & Carrot Medely ♥	• 5 Peppercorn Flat Iron w/ Red Onion Jam • Macaroni & Cheese O L • Baked Potato V ♥ • Brussel Sprouts ♥	• General Tso 's Chicken • Char Sui Pork Spare Ribs • Sticky Rice V ♥ • Egg Rolls w/Chinese Mustard & Duc Sauce • Szechuan Green Beans	• Lasagna al Forno • Grilled Chicken Breast w/Marsala Onion Sauce • Eggplant, Zucchini & Peppers in Olive Oli V	• World Cuisine • American Tour – West	• Jambalaya • Blackened Catfish • Cajun Dirty Rice V • Fresh Steamed Broccoli V ♥	• "Bavarian Grill" • Bratwurst • Kielbasa from the grill • Pierogi W/Apple & Caramelized Onion • Braised Red Cabbage V
Pasta	• Whole Wheat Pasta V ♥ • Penne V ♥ • Fettucini O ♥ • Bolognese Sauce • Marinara Sauce • Al Fredo Tre Fromaggi L	• Whole Wheat Pasta V ♥ • Penne V ♥ • Spaghetti V ♥ • Bolognese Sauce • Marinara Sauce • Boscaiola Sauce	• Whole Wheat Pasta V ♥ • Penne V ♥ • Bucatini • Bolognese Sauce • Marinara Sauce • Siciliana Sauce	• Whole Wheat Pasta V ♥ • Penne V ♥ • Linguini V ♥ • Bolognese Sauce • Marinara Sauce • Viareggina Sauce	• Whole Wheat Pasta V ♥ • Penne V ♥ • Cheese Stuffed Rigatoni O L • Bolognese Sauce • Marinara Sauce • Primavera Sauce L	• Whole Wheat Pasta V ♥ • Penne V ♥ • Gnocchi • Bolognese Sauce • Marinara Sauce • Vodka Sauce L	• Whole Wheat Pasta V ♥ • Penne V ♥ • Bow Ties O ♥ • Bolognese Sauce • Marinara Sauce • Carbonara Sauce
Pizza	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Assorted Pizzas	• Hot Pretzels
Pastry and Bread	• Focaccia Bread • Oreo Blondies	• Dinner Rolls • Apple Sauce Ginger Bars	• Dinner Rolls • Fortune Cookies • Mandarin Orange Cake	• Garlic Bread • Tira Misu Cake		• Brownies • French Bread	• Dinner Rolls • Carrot Cake w/Cream Cheese 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.