Serked Told
Swiss Chard
Cauliflower
Brown Rice
Baked Potato Vegetables V ♥
Brown Rice V ♥ Brown Rice V • Baked Potato V V W Peas & OnionsBrown Rice V Baked Potato V Brown Rice V
 Baked Sweet Potato V · Whole Wheat Pasta V Marinara Sauce · Beef Short Ribs Braised Chicken w/Apricot Bread · Veggie Pot Stickers · World Cuisine · Brisket of Beef in · Meat Ball Sub · Jamaican Jerk Chicken Smokey Mountain Gravy
Southern Fried Chicken
Macaroni & Cheese Chicken Parm Hoagie in Brown Ale & Sweet Stuffing Apricot Mustard Sauce Duck Sauce Rum & Cane Sugar Onions
Chicken Roasted w/ Sea Shrimp Lo Mein
Sticky Rice ▼ Glazed Pork Loin Sauteed Peppers 8 Roast Sirloin of Beef w/
Woodland Mushrooms
Oven Roast Potatoes V Calico Potatoes
Cauliflower Salt, Lemon & Thyme
Scalloped Potatoes OL Tangerine Ginger Chicken Brussel Sprouts ♥ · Peas & Onions · Whole Wheat Pasta V • Rigatoni V ♥
• Fettucini 0 ♥ • Rigatoni ¥ ♥ • Rigatoni V 🧡 Rigatoni V 💚 · Rigatoni V 💚 Spaghetti V
Bolognese Sauce
Marinara Sauce • Bow Ties

• Bolognese Sauce

• Marinara Sauce • Tri Color Rotini Cheese Tortellini Bolognese Sauce
 Marinara Sauce Bolognese Sauce
 Marinara Sauce Bolognese Sauce
 Marinara Sauce · Primavera Sauce Viareggina Sauce · Boscaiola Sauce Vodka Sauce · Pesto Cream Sauce · Assorted Pizzas Pizza · Dinner Rolls · French Bread · French Rolls · Dinner Rolls · Zucchini Spice Cake Dinner Rolls
 Peach Cobbler French Rolls Pina Colada Cake w/
Rum Frosting Pastry and Bread Assorted Ice Cream Yellow Cake w/Mocha White Cake w/Choo Frosting V=Low Fat V=Vegan ○ L=Contains eggs and dairy L=Contains dairy (no eggs) ○=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.