	Ine Hall Menu for the week: 06–16–2013 to 06–22–2013         Tuesday         Wednesday					AMHERST COL	Saturday
	Sunday	Monday	Tuesday	Breakfast	Thursday	- Filday	Saturday
Hours	7am – 8:30am	7am – 8:30am	7am – 8:30am	7am – 8:30am	7am – 8:30am	7am – 8:30am	7am – 8:30am
Grill	Bacon     Ham Steaks     Hard Boiled Eggs     Pan Fried Potatoes     Pancakes OL     Scrambled Eggs	Bacon Texas French Toast OL Fried Eggs Hard Boiled Eggs Rosemary Roasted Potatoes Sausage Patties Scrambled Eggs	Garden Fritata L Bacon Waffles L Hard Boiled Eggs Hashbrowns Scrambled Eggs Sweet Apple Chicken Sausage	Bacon Fried Eggs Hard Boiled Eggs Kielbasa O'Brien Potatoes V Chocolate Chip Pancakes OL Scrambled Eggs	• Farmhouse Scramble  OL • Bacon • Hard Boiled Eggs • Pan Fried Potatoes • Blueberry Pancakes OL • Scrambled Eggs	Canadian Bacon Bacon French Toast OL Hard Boiled Eggs Rosemary Roasted Potatoes Scrambled Eggs	Bacon Waffles OL Hard Boiled Eggs Hashbrowns Sausage Links Scrambled Eggs
Pastry Selection	Assorted Bagels ♥     English Muffins ♥     Cinnamon Swirl Muffins	Assorted Bagels      English Muffins      Maple Blueberry Muffins	Assorted Bagels ♥     English Muffins ♥     Cider Doughnuts	Assorted Bagels ♥     English Muffins ♥     Scones	Assorted Bagels      English Muffins      Sour Cream Chocolate Chip Coffee Cake ○ L	Assorted Bagels ♥     English Muffins ♥     Raspberry Muffins	Assorted Bagels ♥     English Muffins ♥     Assorted Pastries □ L
				Lunch			
Hours	11am – 1pm	11am – 1pm	11am – 1pm	11am – 1pm	11am – 1pm	11am – 1pm	11am – 1pm
Lighter Side	Marinara Sauce Veggie Burger Grilled Breast of Chicken Asian Style Vegetables Brown Rice V Whole Wheat Pasta V	Marinara Sauce Grilled Breast of Chicken W Vegan Ravioli V Brown Rice V Whole Wheat Pasta V  Whole Wheat Pasta V	Marinara Sauce Broccoli Steamed Veggie Burger Po Boy Grilled Breast of Chicken Brown Rice V Whole Wheat Pasta V  W	Marinara Sauce     Grilled Vegetable Taco     Grilled Breast of     Chicken     Brown Rice V     Whole Wheat Pasta V	Marinara Sauce     Grilled Breast of     Chicken      Veggie Nuggets      Roasted Vegetables      Brown Rice V      Whole Wheat Pasta V	Marinara Sauce     Grilled Breast of     Chicken      Grilled Vegetable Panini     Broccoli Steamed     Brown Rice V     Whole Wheat Pasta V	<ul> <li>Marinara Sauce</li> <li>Grilled Breast of Chicken ♥</li> <li>Brown Rice ♥ ♥</li> <li>Whole Wheat Pasta ♥</li> <li>Fresh Spinach</li> <li>Veggie Gyros ○L</li> </ul>
Traditional	Italian Cold Cut Grinder     Garden Vegetable     Grinder     Potato Chips	Manicotti     Penne w/Grilled Chicken     Broccoli in an Asiago     Cream Sauce     Scandinavian Mix     Vegetable	Roast Beef Po Boy     Shrimp Po Boy     Sandwich     Waffle Fries     Baby Carrots	Taco Bar" w/Hard & Soft Shells, Beef, Chicken, and all the toppings	Grilled Chicken w/Roma Tomato, Fresh Mozzarella & Basil Aioli on A Cuban Roll     Grilled Portabella with Fresh Mozzarella Sandw L V     Sweet Potato Fries	Cuban Roast Pork, Ham & Swiss on Cuban Roll Turkey w/Apple & Brie Panini Potato Chips	Beef Gyro     Chicken Gyro     Waffle Fries
Deli	Turkey Ham Cheddar Cheese American Cheese Swiss Cheese Tuna Salad	Turkey Ham American Cheese Swiss Cheese Cheddar Cheese Tuna Salad	Turkey Ham American Cheese Swiss Cheese Cheddar Cheese Tuna Salad	Turkey Ham American Cheese Swiss Cheese Cheddar Cheese Tuna Salad	Turkey Ham American Cheese Swiss Cheese Cheddar Cheese Tuna Salad	Turkey Ham American Cheese Swiss Cheese Cheddar Cheese Tuna Salad	Turkey  Ham  American Cheese Swiss Cheese Cheddar Cheese Tuna Salad
Pizza	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas
Pastry Selection	· Chocolate Chip Blondies	Sugar Cookies	Banana Carrot Cake	Congo Bars	Oatmeal Raisin Cookies	Ice Cream Novelties	<ul> <li>Vanilla Pudding ♥</li> </ul>
				Dinner			
Hours	5pm – 6:30pm	5pm – 6:30pm	5pm – 6:30pm	5pm – 6:30pm	5pm – 6:30pm	5pm – 6:30pm	5pm – 6:30pm
Lighter Side	Fresh Catch of the Day     Baked Sweet Potato V     Grilled Breast of Chicken      Southwestern Corn Pancakes       Brown Rice V     Fresh Zucchini Squash	Baked Sweet Potato  Vegan Garden Burger  Grilled Breast of Chicken  Brown Rice  Peppered Corn	Baked Potato V     Grilled Breast of Chicken ♥     Brown Rice V     Tofu Stir Fry V     Fresh Green Beans	Baked Sweet Potato  Tortellini Alle Verdure L Grilled Breast of Chicken Roasted Vegetables Brown Rice V	Baked Potato V     Grilled Breast of Chicken V     Mustard Greens V     Pinwheels □ L     Brown Rice V	Baked Sweet Potato Grilled Breast of Chicken BBQ Tofu Cauliflower Red Beans & Rice	Baked Potato Grilled Breast of Chicken Steamed Fresh Carrots  Brown Rice  Brown Rice
Traditional	Sirloin Tips Broccoli Steamed Mashed Potatoes Roast Chicken	All Beef Hot Dogs     1/4lb Hamburger     Onion Rings     French Fries	General Tso 's Chicken     Char Sui Pork Spare     Ribs     Sticky Rice      Szechuan Green Beans	Roast Chicken w/Porcini Mushroom Sauce     Italian Sausage & Potato Casserole     Peas	Chicken Roasted w/ Harissa & Honey w/ A Preserved Lemon Garnish     Cous Cous w/Parmesan Cheese	Brisket of Beef in Smokey Mountain Gravy     Corn on the Cobb     Macaroni & Cheese    ■     Potato Salad     Southern Fried Chicken	Pizza Palooza, Regular Sicillian, French Bread, Thin Crust or Flat Bread w/ Assorted Toppings
Pasta	<ul> <li>Marinara Sauce</li> <li>Penne V •</li> <li>Bolognese Sauce</li> <li>Whole Wheat Pasta V</li> </ul>	Marinara Sauce     Spaghetti V      Bolognese Sauce     Whole Wheat Pasta V	Marinara Sauce     Penne ♥ ♥     Bolognese Sauce     Whole Wheat Pasta ♥	Marinara Sauce     Spaghetti V     Bolognese Sauce     Whole Wheat Pasta V	Marinara Sauce     Penne V      Bolognese Sauce     Whole Wheat Pasta V	Marinara Sauce     Spaghetti    ▼     Bolognese Sauce     Whole Wheat Pasta    ▼	Marinara Sauce     Penne ♥ ●     Bolognese Sauce     Whole Wheat Pasta ♥
Pizza	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas
astry and Bread	Dinner Rolls     Apple Pie	Chocolate Cake w/White Icing	Strawberry Shortcake	Focaccia Bread     Yellow Cake w/Mocha     Frosting	Dinner Rolls     Chocolate Cake     w/Chocolate frosting	Corn Bread ♥     Peach Cobbler	Cream Cheese     Brownies