Valentine Hall Menu for the week: 07-07-2013 to 07-13-2013 AMHERST COLLEGE INTRAN							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Breakfast			
Hours	7am – 8:30am	7am – 8:30am	7am – 8:30am	7am – 8:30am	7am – 8:30am	7am – 8:30am	7am – 8:30am
Grill	Portabella Mushroom & Spinach Quiche w/Asiago Cheese Pancakes Scrambled Eggs Hard Boiled Eggs Bacon Ham Steaks Pan Fried Potatoes	Texas French Toast Scrambled Eggs Fried Eggs Hard Boiled Eggs Bacon Sausage Patties Rosemary Roasted Potatoes	Garden Fritata Waffles Hard Boiled Eggs Scrambled Eggs Hashbrowns Bacon Sausage Links	Chocolate Chip Pancakes Scrambled Eggs Fried Eggs Hard Boiled Eggs Bacon Kielbasa O'Brien Potatoes	Farmhouse Scramble Blueberry Pancakes Hard Boiled Eggs Scrambled Eggs Pan Fried Potatoes Bacon	French Toast Scrambled Eggs Hard Boiled Eggs Bacon Canadian Bacon Rosemary Roasted Potatoes	Waffles Scrambled Eggs Hard Boiled Eggs Hashbrowns Sausage Links Bacon
Pastry Selection	Assorted Bagels English Muffins Peach Coffee Cake	Assorted Bagels English Muffins Blueberry Muffins	Assorted Bagels English Muffins Strawberry Muffins	Assorted Bagels English Muffins Apple Oat Bran Muffins	Assorted Bagels English Muffins Cinnamon Buns	Assorted Bagels English Muffins Chocolate Chip Muffins	Assorted Bagels English Muffins Double Banana Bran Muffins
				Lunch			
Hours	11am – 1pm	11am – 1pm	11am – 1pm	11am – 1pm	11am – 1pm	11am – 1pm	11am – 1pm
Lighter Side	Grilled Breast of Chicken Asian Style Vegetables Marinara Sauce Whole Wheat Pasta Brown Rice	Grilled Breast of Chicken Vegan Ravioli Roasted Vegetables Brown Rice Marinara Sauce Whole Wheat Pasta	Grilled Breast of Chicken Veggie Nuggets Broccoli Steamed Brown Rice Marinara Sauce Whole Wheat Pasta	Grilled Breast of Chicken Steamed Prima Vera Vegetables Brown Rice Marinara Sauce Whole Wheat Pasta	Grilled Breast of Chicken Spicy Rice & Beans Roasted Vegetables Brown Rice Marinara Sauce Whole Wheat Pasta	Grilled Breast of Chicken Asian Style Vegetables Brown Rice Marinara Sauce Whole Wheat Pasta	Grilled Breast of Chicken California Blend Vegetable Brown Rice Marinara Sauce Whole Wheat Pasta
Traditional	Buffalo Chicken Wings Honey BBQ Chicken Wings Portabella Mushroom & Spinach Quiche w/Asiago Cheese	Ravioli Stravaganza, An assortment of Ravioli & Sauces prepared in different styles Garlic Bread Green Beans	Chicken Tenders Egg McCharlie w/wo Sausage Patty Tater Tots	Buffalo Chicken Wrap Val. Burger Wrap Veggie Wrap	Southwestern Chicken Sandwich Carolina Pulled Pork Sweet Potato Fries Cole Slaw	Asian Noodle Bar w/all the toppings	Eggplant Parmesan Hoagie Meat Ball Sub Chicken Parm Hoagie Potato Chips
Deli	Turkey Ham American Cheese Cheddar Cheese Swiss Cheese	Turkey American Cheese Cheddar Cheese Tuna Salad	Turkey American Cheese Cheddar Cheese Tuna Salad	Turkey American Cheese Cheddar Cheese Tuna Salad	Turkey American Cheese Cheddar Cheese Tuna Salad	Turkey American Cheese Cheddar Cheese Tuna Salad	Turkey Merican Cheese Cheddar Cheese Tuna Salad
Pizza	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas
Pastry Selection	Butterscotch Blondies	Chocolate Chip Cookies	Banana Cream Pudding	Sugar Cookies	Rocky Road Pudding	• Brownies	Carnival Cookies
				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 Grilled Breast of Chicken Veggie Stuffed Peppers Baked Sweet Potato Steamed Collard Greens Brown Rice	Fresh Catch of the Day Grilled Breast of Chicken Thai Curried Chic Peas Asian Style Vegetables Baked Potato Brown Rice	Fresh Catch of the Day Grilled Breast of Chicken Zucchini Corn Fajitas Baked Sweet Potato Fresh Green Beans Brown Rice	Fresh Catch of the Day Grilled Breast of Chicken Lasagne alle Caprese layered w/Pesto and Ricotta Cheese Baked Potato Brown Rice Swiss Chard	Fresh Catch of the Day Grilled Breast of Chicken Calypso Rice & Beans Steamed Collard Greens Baked Sweet Potato Brown Rice	Fresh Catch of the Day Grilled Breast of Chicken American Chop Suey w/o Meat Broccoli Steamed Kale Baked Potato Brown Rice	Fresh Catch of the Day Portabella Philly Grinder W/Onions Grilled Breast of Chicken Baked Sweet Potato Peas Brown Rice Swiss Chard
Traditional	Flat Iron Steak Gratin of Garden Vegetables Delmonico Potatoes	Beef & Broccoli Teriyaki Breast of Chicken Jasmine Rice	Beef Fajita Chicken Fajita Cilantro Rice Tostitos Black Beans	Chicken Marsala Lasagna al Forno Rosemary Roasted Potatoes	Blackened Catfish Jambalaya Zucchini Squash	New England Fish & Chips American Chop Suey Cole Slaw Potato Salad	Beef Philly Cheesesteak French Fries
Pasta	Marinara Sauce Penne Bolognese Sauce Whole Wheat Pasta	Marinara Sauce Spaghetti Bolognese Sauce Whole Wheat Pasta	Marinara Sauce Penne Bolognese Sauce Whole Wheat Pasta	Marinara Sauce Spaghetti Bolognese Sauce Whole Wheat Pasta	Marinara Sauce Penne Bolognese Sauce Whole Wheat Pasta	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
Pastry and Bread	Dinner Rolls Strawberry Shortcake	Lemon Bars	Caramelicious Brownies	Assorted Ice Cream Tubs Garlic Bread	French Rolls Pineapple Coconut Cake	White Cake w/Chocolate Frosting Dinner Rolls	Dinner Rolls Raspberry Oatmeal Bars

Information regarding ingredients, nutritional values, dietary restrictions and food allergies may be found at our ACNutrition website.

If you have further questions, concerns or comments, please contact Dining Services at valentine@amherst.edu or (413)542–2220.

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.