AMHERST COLLEGE INTRANET

valentine rian mena	for the week: 02–16–2014 Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	LEGE INTRANET Saturday
		-	·	Breakfast	·	·	
Hours	9am – 11am	7:30am – 10:00am	7:30am – 10:00am	7:30am – 10:00am	7:30am – 10:00am	7:30am – 10:00am	7:30am – 11:00am
	<ul> <li>Cage Free Scrambled Eggs</li> </ul>	<ul> <li>Cage Free Scrambled Eggs</li> </ul>	<ul> <li>Cage Free Scrambled Eggs</li> </ul>	<ul> <li>Cage Free Scrambled Eggs</li> </ul>	Cage Free Scrambled     Eggs	<ul> <li>Cage Free Scrambled Eggs</li> </ul>	Cage Free Scrambled     Eggs
	<ul> <li>Cage Free Fried Eggs</li> </ul>	· Cage Free Fried Eggs	<ul> <li>Chorizo Sausage,</li> </ul>	<ul> <li>Cage Free Fried Eggs</li> </ul>	Farmhouse Scramble	<ul> <li>Cage Free Fried Eggs</li> </ul>	Cage Free Hard Boiled
	<ul> <li>Cage Free Hard Boiled Eggs</li> </ul>	<ul> <li>Cage Free Hard Boiled Eggs</li> </ul>	Portabella Mushroom, Spinach & Asiago	<ul> <li>Cage Free Hard Boiled Eggs</li> </ul>	Cage Free Hard Boiled     Eggs	<ul> <li>Cage Free Hard Boiled Eggs</li> </ul>	Eggs • Bacon
	Bacon     Grilled Ham Steaks	Bacon     Sausage Patties	Cheese Quiche Portabella Mushroom &	Bacon     Grilled Ham Steaks	Bacon     Sausage Links	Bacon     Canadian Bacon	Sausage Links     Pancakes
Grill	<ul> <li>Triple Berry Pancakes</li> </ul>	O'Brien Potatoes	Spinach Quiche	<ul> <li>Rosemary Roasted</li> </ul>	Pan Fried Potatoes	<ul> <li>French Toast Sticks</li> </ul>	Home Fries
a	<ul> <li>Rosemary Roasted Potatoes</li> </ul>	<ul> <li>French Dipped Waffles</li> <li>Fresh Fruit</li> </ul>	w/Asiago Cheese Cage Free Hard Boiled	Potatoes 100% Whole Wheat	Pancakes     Fresh Fruit	Potatoes Santa Fe     Oatmeal w/Fruit	Fresh Fruit
	Vegan Banana     Pancakes		Eggs	French Toast		• Fresh Fruit	
	Fresh Fruit		<ul><li>Bacon</li><li>Kielbasa</li></ul>	<ul><li>Vegan French Toast</li><li>Fresh Fruit</li></ul>			
			<ul><li>Pancakes</li><li>Hashbrowns</li></ul>				
_			Fresh Fruit				
	Assorted Danish	Chocolate Chip Muffins	Strawberry Shortcake	· Cinnamon Coffee Cake	• Peaches & Corn Muffins	Maple Muffins	• English Muffins
Pastry Selection	<ul><li>Assorted Bagels</li><li>English Muffins</li></ul>	<ul><li>Assorted Bagels</li><li>English Muffins</li></ul>	Muffin • Assorted Bagels	<ul><li>Assorted Bagels</li><li>English Muffins</li></ul>	Assorted Bagels     English Muffins	<ul><li>Assorted Bagels</li><li>English Muffins</li></ul>	Assorted Bagels     Blueberry Cream
			English Muffins				Cheese Muffins
Hours	11am – 2pm	11am – 2pm	11am – 2pm	Lunch 11am – 2pm	11am – 2pm	11am – 2pm	11am – 2pm
	Chef's Selection Soup	Pasta E Fagioli Soup	Spicy Chicken Soup	Cheddar Tomato Basil	Vegetable Beef Soup	Clam Chowder	Chef's Selection Soup
Soup	Tomato & Garden     Vegetable Soup	Three Bean Chili Soup	· Black Bean Soup	Soup	Chipotle-Sweet Potato	Ginger Carrot Artichoke	Tuscan White Bean
	vegetable Soup			<ul> <li>Aztec Chili w/Ancient Grains</li> </ul>	Soup		Soup
-	Grilled Breast of	Grilled Breast of	Grilled Breast of	Grilled Breast of	Grilled Breast of	Grilled Breast of	Grilled Breast of
	Chicken • Greens and Beans	Chicken • Penne w/Portabella	Chicken • Grilled Vegetable Panini	Chicken • Boca Burger	Chicken • Harvest Blend	Chicken • Macaroni & Cheese	Chicken • Veggie Nuggets
	<ul> <li>Baked Sweet Potato</li> </ul>	Mushroom & Broccoli in	<ul> <li>Roasted Vegetables</li> </ul>	<ul> <li>Steamed Fresh Carrots</li> </ul>	Vegetables	Steamed Prima Vera	· Green Beans
Lighter Side	<ul><li>Broccoli Steamed</li><li>Marinara Sauce</li></ul>	an Asiago Cream Sauce • Fresh Zucchini Squash	<ul><li>Farro</li><li>Brown Rice</li></ul>	<ul><li>Wheat Berry</li><li>Brown Rice</li></ul>	Wild Rice     Brown Rice	Vegetables • Quinoa	Brown Rice     Baked Potato
	Whole Wheat Pasta     Brown Rice	Amaranth     Brown Rice	Baked Potato     Whole Wheat Pasta	Baked Sweet Potato     Whole Wheat Pasta	Baked Potato     Whole Wheat Pasta	Brown Rice     Baked Sweet Potato	Whole Wheat Pasta     Marinara Sauce
		· Baked Sweet Potato	Marinara Sauce	Marinara Sauce	Marinara Sauce	· Whole Wheat Pasta	
		<ul><li>Whole Wheat Pasta</li><li>Marinara Sauce</li></ul>		• Baked Beans	• Spicy Rice & Beans	Marinara Sauce	
-	Roast Turkey	Penne w/Grilled Chicken	Turkey w/Apple & Brie	• 1/4lb Hamburger	Southwestern Chicken	• Seared Ahi Tuna	Chicken Wing Bar
	<ul> <li>Apple Cranberry Chutney</li> </ul>	& Broccoli in an Asiago Cream Sauce	Panini • Cuban Roast Pork, Ham	<ul><li>All Beef Hot Dogs</li><li>Baked Beans</li></ul>	Sandwich Carolina Pulled Pork	Nicoise Salad  • Veggie Nugget Nicoise	Cage Free Scrambled     Eggs
	· Cage Free Scrambled	<ul> <li>California Blend</li> </ul>	& Swiss on Cuban Roll	• French Fries	Bulky Roll	Salad	Pancakes
	Eggs • Cage Free Hard Boiled	Vegetable • Garlic Bread	Potato Chips		Sweet Potato Fries     Jalapeno Corn Bread	<ul> <li>Macaroni &amp; Cheese</li> <li>Garlic &amp; Herb</li> </ul>	Bacon     Sausage Links
Traditional	Eggs • Bacon				·	Breadsticks	Home Fries
	· Rosemary Roasted						
	Potatoes Triple Berry Pancakes						
	Vegan Banana     Pancakes						
	Broccoli Steamed						
-	• Turkey	• Turkey	• Turkey	• Turkey	• Turkey	• Turkey	• Turkey
	Ham     Roast Beef	Ham     Roast Beef	Ham     Roast Beef	Ham     Roast Beef	Ham     Roast Beef	<ul><li>Ham</li><li>Roast Beef</li></ul>	Ham     Roast Beef
	· Tuna Salad	· Tuna Salad	Deli Chicken	Pastrami	Italian Roast Beef	<ul> <li>Rosemary Sundried</li> </ul>	Tuna Salad
Deli	<ul><li>Cheddar Cheese</li><li>Provolone Cheese</li></ul>	<ul><li>Chicken Salad</li><li>Cheddar Cheese</li></ul>	<ul><li>Tuna Salad</li><li>Egg Salad</li></ul>	<ul><li>Tuna Salad</li><li>Chipotle Turkey Salad</li></ul>	Tuna Salad     Egg Salad	Tomato Ham  Tuna Salad	Cheddar Cheese     Provolone Cheese
	Swiss Cheese	<ul><li>Provolone Cheese</li><li>Swiss Cheese</li></ul>	Cheddar Cheese     Provolone Cheese	Cheddar Cheese     Provolone Cheese	Cheddar Cheese     Provolone Cheese	<ul><li>Buffalo Chicken Salad</li><li>Cheddar Cheese</li></ul>	Swiss Cheese
		OWIGG CHICCOC	· Swiss Cheese	· Swiss Cheese	· Swiss Cheese	· Provolone Cheese	
-						Swiss Cheese	
Pizza -		Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	
Salads		<ul> <li>Trumped Out Tabbouleh Salad</li> </ul>	Macaroni Salad	<ul><li>Fresh Fruit Salad</li><li>Cole Slaw</li></ul>	Tortellini Salad	Broccoli Salad	
-	Assorted Danish	M&M Brownies	Chocolate Chip Cookies	Congo Bars	Brownies	Apple Sauce Ginger	Blueberry Cream
Pastry Selection	Assorted Bagels     English Muffins		•	· ·		Bars	Cheese Muffins • Assorted Bagels
	English Malinis						• English Muffins
	4.00	4.00	4.00	Dinner 8:00mm	4.00	4.00 7.00	4.00
Hours	4:30pm – 7:30pm	4:30pm – 8:30pm	4:30pm – 8:30pm	4:30pm – 8:30pm	4:30pm – 8:30pm	4:30pm – 7:30pm	4:30pm – 7:30pm
Soup	<ul><li>Chef's Selection Soup</li><li>Tomato &amp; Garden</li></ul>	<ul><li>Pasta E Fagioli Soup</li><li>Three Bean Chili Soup</li></ul>	<ul><li>Spicy Chicken Soup</li><li>Black Bean Soup</li></ul>	<ul> <li>Cheddar Tomato Basil Soup</li> </ul>	Vegetable Beef Soup     Chipotle-Sweet Potato	<ul><li>Clam Chowder</li><li>Ginger Carrot Artichoke</li></ul>	Chef's Selection Soup     Tuscan White Bean
Soup	Vegetable Soup			<ul> <li>Aztec Chili w/Ancient Grains</li> </ul>	Soup		Soup
-	Fresh Catch of the Day	Fresh Catch of the Day	Fresh Catch of the Day	Fresh Catch of the Day	· Grilled Breast of	Fresh Catch of the Day	Fresh Catch of the Day
	· Grilled Breast of	Grilled Breast of	Grilled Breast of	<ul> <li>Grilled Breast of</li> </ul>	Chicken	Grilled Breast of	Grilled Breast of
	Chicken • Pufftables	Chicken	Chicken • Tofu Stir Fry	Chicken • Lasagne alle Caprese	Moroccan Stew     Peppered Tofu	Chicken • Fava Bean Casserole	Chicken • Quinoa Stew
	Fresh Green Beans     Broccoli Rhab	Swiss Chard     Harvest Blend	Fresh Steamed Broccoli     Asian Style Vegetables	layered w/Pesto and Ricotta Cheese	w/Shallots • Kale	Roasted Vegetables     Wheat Berry	Steamed Collard Greens     Brown Rice
Lighter Side	<ul> <li>Baked Potato</li> </ul>	Vegetables	<ul> <li>Forbidden Rice</li> </ul>	<ul> <li>Eggplant, Zucchini &amp;</li> </ul>	Fresh Green Beans	Brown Rice	Brown Rice     Baked Sweet Potato
	Wild Rice     Brown Rice	<ul><li> Quinoa</li><li> Brown Rice</li></ul>	<ul><li>Brown Rice</li><li>Baked Sweet Potato</li></ul>	Peppers in Olive Oli • Farro	Amaranth     Brown Rice	<ul><li>Baked Potato</li><li>Steamed Escarole</li></ul>	
		Baked Potato	Steamed Collard Greens	Brown Rice     Baked Potato	Baked Sweet Potato		
				Swiss Chard			
-	New York Steak	· Chicken Fajita	General Tso 's Chicken	· Lasagna al Forno	Chicken Roasted w/	• Jambalaya	Kielbasa from the grill
	Seared Salmon     Delmonico Potatoes	Beef Fajita     Green Rice w/Cilantro	<ul> <li>Char Sui Pork Spare Ribs</li> </ul>	Grilled Chicken Breast w/Marsala Onion Sauce	Harissa & Honey w/ A Preserved Lemon	Blackened Catfish     Cajun Dirty Rice	Pierogi W/Apple &     Caramelized Onion
	<ul> <li>Gratin of Garden</li> </ul>	Black Beans	<ul> <li>Sticky Rice</li> </ul>	<ul> <li>Eggplant, Zucchini &amp;</li> </ul>	Garnish	Fresh Steamed Broccoli	Sauerkraut
Traditional	Vegetables		<ul> <li>Egg Rolls w/Chinese Mustard &amp; Duc Sauce</li> </ul>	Peppers in Olive Oli	Roast Leg of Lamb w/ Cider & Apples		Peas and Carrots
			Szechuan Green Beans		Cous Cous Tfaya     Green Bean & Carrot		
					Medely  Medely		
-	• Linguini	Whole Wheat Pasta	Whole Wheat Pasta	Fettucini	Whole Wheat Pasta	Whole Wheat Pasta	Whole Wheat Pasta
	Penne     Whole Wheat Pasta	Penne     Spaghetti	Penne Bucatini	Whole Wheat Pasta     Penne	Penne     Cheese Stuffed Rigatoni	Penne     Gnocchi	Penne     Bolognese Sauce
Pasta	<ul> <li>Bolognese Sauce</li> </ul>	Bolognese Sauce	<ul> <li>Bolognese Sauce</li> </ul>	<ul> <li>Bolognese Sauce</li> </ul>	Bolognese Sauce	Bolognese Sauce	Marinara Sauce
	<ul><li>Marinara Sauce</li><li>Viareggina Sauce</li></ul>	<ul><li>Marinara Sauce</li><li>Boscaiola Sauce</li></ul>	<ul><li>Marinara Sauce</li><li>Siciliana Sauce</li></ul>	<ul><li>Marinara Sauce</li><li>Al Fredo Tre Fromaggi</li></ul>	Marinara Sauce     Carbonara Sauce	<ul><li>Marinara Sauce</li><li>Vodka Sauce</li></ul>	
Pizza	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas
- 1224	Focaccia Bread	Dinner Rolls	Dinner Rolls	Garlic Bread	Cheese Cake	Bread Pudding	Dinner Rolls
Pastry and Bread	Raspberry Oatmeal Bars	Butterscotch Blondies	<ul> <li>Fortune Cookies</li> </ul>	• Tira Misu Cake	• French Rolls	• French Bread	Carrot Cake w/Cream
Information	n regarding ing	l redients_nutritio	• Mandarin Orange Cake • nal values diet	l tary restrictions	and food allerg	l ies may be four	Cheese Frosting

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