

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Hours	8:00am - 11:00am	7:30am - 10:00am	7:30am - 10:00am	7:30am - 10:00am	7:30am - 10:00am	7:30am - 10:00am	7:30am - 11:00am
Breakfast/Grill	Cage Free Scrambled Eggs Cage Free Hard Boiled Egg Tripleberry Pancake Banana Pancakes Tempeh and Vegetable Scramble Uncured Bacon Turkey Sausage Patty Herbed Breakfast Potatoes Fresh Fruit Salad Ancient Grain Hot Cereal Maine Rolled Oats Quinoa	Continental Breakfast 10:00am - 11:00am Cage Free Scrambled Eggs Cage Free Fried Egg Cage Free Hard Boiled Egg French Toast Vegan French Toast Tofu Scramble Uncured Bacon Pork Breakfast Sausage O'Brien Potatoes Red Grapes Ancient Grain Hot Cereal Maine Rolled Oats White Rice Quinoa	Continental Breakfast 10:00am - 11:00am Cage Free Scrambled Eggs Quiche Lorraine Cage Free Hard Boiled Egg Pancakes Berkshire Scramble Uncured Bacon Grilled Kielbasa Hash Browns Fresh Pineapple Ancient Grain Hot Cereal White Rice Quinoa	Continental Breakfast 10:00am - 11:00am Cage Free Scrambled Eggs Cage Free Fried Egg Cage Free Hard Boiled Egg Bananas Foster French Toast Vegan Oat Cakes Vegetable Tofu Scramble Turkey Bacon Grilled Ham Steak Herbed Breakfast Potatoes Honeydew Melon Ancient Grain Hot Cereal Maine Rolled Oats White Rice Quinoa	Continental Breakfast 10:00am - 11:00am Cage Free Scrambled Eggs Asparagus, Mushroom and Onion Scramble Cage Free Hard Boiled Egg Whole Wheat French Toast Uncured Bacon Tofu and Kale Scramble Four Pepper Chicken Sausage Pan Fried Potatoes Cantaloupe Ancient Grain Hot Cereal Maine Rolled Oats White Rice Quinoa	Continental Breakfast 10:00am - 11:00am Cage Free Scrambled Eggs Cage Free Fried Egg Cage Free Hard Boiled Egg Raisin Bread French Toast Southwest Tofu Scramble Turkey Sausage Link Blueberry Commmeal Pancake Canadian Bacon Grapefruit Santa Fe Potatoes Ancient Grain Hot Cereal Maine Rolled Oats White Rice Quinoa	Cage Free Scrambled Eggs Garden Frittata Chorizo Frittata Swiss Chard, Tofu & Mushroom Frittata Cage Free Hard Boiled Egg Pancakes Uncured Bacon Pork Breakfast Sausage Patty Rosemary Roasted Potatoes Strawberries Ancient Grain Hot Cereal Maine Rolled Oats Quinoa
Pastry Selection	Assorted Bagels Assorted Croissants Assorted Danish	Assorted Bagels English Muffin Blueberry Muffin	Assorted Bagels English Muffin Apple Cider Muffins	Assorted Bagels English Muffin Sunflower Sweet Potato Muffin	Assorted Bagels English Muffin Peach Coffee Cake	Assorted Bagels English Muffin Cranberry Orange Muffins	Assorted Bagels Assorted Scones
Smoothies	Mango Spinach Smoothie Strawberry Banana Smoothie	Cranberry, Apple and Spinach Smoothie Papaya Peach and Ginger Smoothie	Pineapple Basil Smoothie Twin Berry Smoothie	Matcha - Cherry Smoothie Summer Melon Smoothie	Papaya, Pineapple & Mango Smoothie Chocolate Covered Strawberry Smoothie	Green Apple and Ginger Smoothie Blueberry Banana Smoothie	Triple Berry Smoothie Banana Mango Smoothie
Lunch							
Hours	11:00am - 2:00pm	11:00am - 2:00pm	11:00am - 2:00pm	11:00am - 2:00pm	11:00am - 2:00pm	11:00am - 2:00pm	11:00am - 2:00pm
Soup	Tomato & Garden Vegetable Soup	Baked Potato Chowder 3 Bean Chili	Vegetarian Split Pea Soup Amherst College Chicken Noodle Soup	Potato Leek Soup Black Bean Soup	Chipotle Sweet Potato Soup Cioppino	Big Easy Seafood Gumbo Ginger Carrot Artichoke Soup	Tuscan White Bean Soup
Lighter Side	Grilled Chicken Breast Pakorras Steamed Broccoli Roasted Cauliflower Homestyle Collard Greens Baked Sweet Potato Brown Rice Protein Plus Penne Whole Wheat Rotini Marinara Sauce	Grilled Chicken Breast Eggplant Parmesan Moroccan Roast Chickpeas Sautéed Escarole Roasted Brussels Sprouts Steamed Swiss Chard Baked Sweet Potato Brown Rice Protein Plus Penne Freekeh Protein Plus Spaghetti Whole Wheat Penne Marinara Sauce	Grilled Chicken Breast Fresh Peas Shishito Peppers Steamed Kale Baked Sweet Potato Brown Rice Farro (Emmer) Protein Plus Penne Whole Wheat Rotini Marinara Sauce	Basmati Rice Grilled Chicken Breast Griddled Grit Cake w/Green Tomato Relish Black Beans Steamed Primavera Vegetables Roasted Turnips Homestyle Collard Greens Baked Sweet Potato Brown Rice Wheat Berry White Rice Protein Plus Spaghetti Whole Wheat Penne Marinara Sauce	Grilled Chicken Breast Steamed Fresh Carrots Roasted Beets Steamed Swiss Chard Baked Sweet Potato Baked Potato Wild Rice Brown Rice White Rice Protein Plus Penne Whole Wheat Rotini Marinara Sauce	Grilled Chicken Breast Tartar Sauce Roasted Carrots Roasted Vegetables Steamed Kale Baked Sweet Potato Quinoa White Rice Brown Rice	Grilled Chicken Breast BBQ Tofu Vegetarian Baked Beans Roasted Butternut Squash Steamed Collard Greens Baked Sweet Potato Baked Potato Brown Rice White Rice Protein Plus Penne Whole Wheat Rotini Marinara Sauce
Traditional	Roasted Chicken with Lemon and Thyme Spinach, Wild Mushroom and Feta Quiche Tempeh and Vegetable Scramble Cage Free Scrambled Eggs Cage Free Hard Boiled Egg Tripleberry Pancake Banana Pancakes Uncured Bacon Herbed Breakfast Potatoes Steamed Green Beans Tomato Basil Salad	Chicken Shawarma Vegetable Gyro Pita Bread Feta Cheese Tzatziki Sauce Tomatoes Iceberg Lettuce Kalamata Olives Falafel	Cantina Taco Bar	Charlie's Chicken Sandwich Val Burger Wrap Roast Sweet Potato Wedges	Bison Chili Vegetarian Chili Corn Bread Sour Cream White Cheddar Cheese Tomatoes Iceberg, Lettuce, Shredded Cilantro, Chopped Scallions Chili, Jalapeno, Minced	New England Fish Fry Tartar Sauce Cole Slaw Steak Fries	Italian Cold Cut Grinder Pulled BBQ Chicken Water Roll French Fries Cage Free Scrambled Eggs Cage Free Hard Boiled Egg Pancakes Uncured Bacon Pork Breakfast Sausage Patty
Deli	Ovengold Turkey Breast Sweet Sliced Ham Roast Beef Tuna Salad Egg Salad Chicken Salad White American Cheese White Cheddar Cheese Swiss Cheese	Turkey Pastrami Ovengold Turkey Breast Sweet Sliced Ham Chicken Salad Tuna Salad Egg Salad Chicken Salad Dill Havarti Cheese White American Cheese White Cheddar Cheese Provolone Cheese	Comed Beef Ovengold Turkey Breast Sweet Sliced Ham Tuna Salad Egg Salad Chicken Salad Horseradish Cheddar Cheese White American Cheese White Cheddar Cheese	Chipotle Chicken Breast Ovengold Turkey Breast Sweet Sliced Ham Tuna Salad Chicken Salad Egg Salad Pepper Jack Cheese White American Cheese White Cheddar Cheese Swiss Cheese	Mortadella Ovengold Turkey Breast Sweet Sliced Ham Roast Beef Tuna Salad Chicken Salad Egg Salad Cheese Provolone Sliced White American Cheese White Cheddar Cheese Swiss Cheese	Tuscan Roasted Turkey Breast Ovengold Turkey Breast Sweet Sliced Ham Roast Beef Tuna Salad Chicken Salad Egg Salad Smoked Gouda Cheese White American Cheese White Cheddar Cheese Swiss Cheese	Ovengold Turkey Breast Sweet Sliced Ham Italian Roast Beef Tuna Salad Chicken Salad Egg Salad White American Cheese White Cheddar Cheese Swiss Cheese
Pizza		Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	
Burger Bar		Turkey Burger Roasted Beet and Kale Burger Hamburger Bun Whole Grain Roll Sautéed Peppers Sautéed Onions Sautéed Mushrooms	Hamburger Veggie Burger Hamburger Bun Whole Grain Roll Sautéed Onions Sautéed Peppers Sautéed Mushrooms	Turkey Burger Black Bean Burger Hamburger Bun Whole Grain Roll Sautéed Peppers Sautéed Onions Sautéed Mushrooms	Hamburger Roasted Beet and Kale Burger Hamburger Bun Whole Grain Roll Sautéed Peppers Sautéed Onions Sautéed Mushrooms	Turkey Burger Veggie Burger Hamburger Bun Whole Grain Roll Sautéed Peppers Sautéed Onions Sautéed Mushrooms	
Salad Bar		Succotash Salad Tabouli	Root Cellar Slaw Kidney Bean Salad	Fresh Mozzarella and Tomato Salad Bulgur Wheat Salad w/ Tomato & Eggplant	Ratatouille Nomad Salad	Midwest Cucumber Salad Farro Butternut Salad	
Dessert		Vegan Banana Bread Zucchini Spice Cake	Vegan Brownies with Chocolate Chips Oreo Cookie Blondies	Vegan Butterscotch Bars Chocolate Brownie	Vegan Pumpkin Bread Cowboy Cookies	Vegan Apple Spice Cake Peppermint Chocolate Brownie	
Dinner							
Hours	4:30pm - 7:30pm	4:30pm - 8:30pm	4:30pm - 8:30pm	4:30pm - 8:30pm	4:30pm - 8:30pm	4:30pm - 8:30pm	4:30pm - 7:30pm
Soup	Tomato & Garden Vegetable Soup	Baked Potato Chowder 3 Bean Chili	Vegetarian Split Pea Soup Amherst College Chicken Noodle Soup	Potato Leek Soup Black Bean Soup	Chipotle Sweet Potato Soup Cioppino	Big Easy Seafood Gumbo Ginger Carrot Artichoke Soup	Tuscan White Bean Soup

Lighter Side	Fresh Catch of the Day Grilled Chicken Breast Vegetable Rice Stuffed Peppers Peppered Tofu with Shallots & Scallions Yellow Wax Beans Steamed Kale Baked Sweet Potato Brown Rice Wild Rice	Fresh Catch of the Day Grilled Chicken Breast Mac & "Cheese" Roasted Eggplant Honey Roasted Carrots Homestyle Collard Greens Baked Sweet Potato Farro (Emmer) White Rice Brown Rice	Fresh Catch of the Day Grilled Chicken Breast Vegetable Lo Mein Bok Choy Roasted Beets Sesame Orange Greens Baked Sweet Potato Brown Rice Kaniwa	Fresh Catch of the Day Grilled Chicken Breast Vegan Lasagna Lasagna Alla Caprese Steamed Green Beans Roasted Cauliflower Sautéed Escarole Baked Sweet Potato Brown Rice Quinoa	Fresh Catch of the Day Grilled Chicken Breast Chickpea and Date Tagine Roasted Kohlrabi Roasted Root Vegetables Steamed Swiss Chard Baked Sweet Potato Brown Rice Buckwheat	Fresh Catch of the Day Grilled Chicken Breast Vegetarian Paella Feijoada Summer Squash with Roasted Tomatoes Steamed Kale Baked Sweet Potato Freekeh Brown Rice	Fresh Catch of the Day Grilled Chicken Breast Steamed Swiss Chard Brown Rice
Traditional	Mac & Cheese Madness	BBQ Chicken BBQ Pork Spare Ribs Smoky Mountain Gravy Roasted Spaghetti Squash Fresh Corn on the Cob	Chicken and Scallion Green Curry Thai Grilled Beef Green Papaya Salad Emerald Vegetables Coconut Rice	Chicken Picatta Lasagna al Forno Eggplant with Zucchini and Red Peppers	Lebanese Chicken Moghrabiah Lebanese Spiced Fish with Tahini Sauce Roasted Broccoli Basmati with Spinach	Grilled Flank Steak Paella Valencia Chimichurri Rojo Sauce Chimichurri Verde Sauce Mediterranean Potatoes Honey Roasted Carrots	Huevos Rancheros Pork Green Chili Meatless Chili Verde Fried Chicken and Waffles Wild Mushroom & Artichoke Frittata Tofu Scramble with Artichoke & Mushroom Four Pepper Chicken Sausage Uncured Bacon Cage Free Scrambled Eggs Home Fries Baked Sweet Potato
Pasta	Gorgonzola Sauce Marinara Sauce Bolognese Sauce Bow Tie Pasta Penne Pasta Whole Wheat Penne	Carbonara Sauce Marinara Sauce Bolognese Sauce Gemelli Pasta Penne Pasta Whole Wheat Penne	Siciliana Sauce Marinara Sauce Bolognese Sauce Bucatini Penne Pasta Whole Wheat Penne	Alfredo Cheese Sauce Marinara Sauce Bolognese Sauce Fettuccini Penne Pasta Whole Wheat Penne	Spicy Marinara Sauce Marinara Sauce Bolognese Sauce Pasta Rigatoni Penne Pasta Whole Wheat Penne	Vodka Sauce Marinara Sauce Bolognese Sauce Cheese Tortellini Penne Pasta Whole Wheat Penne	Marinara Sauce Bolognese Sauce Penne Pasta Whole Wheat Penne
Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza
Bread Selection		Buttermilk Biscuit		Garlic Bread			Corn Muffin
Dessert	Vegan Espresso Brownies Blueberry Cobbler	Vegan Banana Bread Lemon Chess Pie	Vegan Brownies with Chocolate Chips Marble Cake with Chocolate Frosting	Vegan Butterscotch Bars Tiramisu Cake	Tofutti Ice Cream Bars Premium Assorted Ice Cream Flavors Premium Chocolate Ice Cream	Vegan Apple Spice Cake Steamed Raspberry Jam Pudding	Blueberry Sauce Banana Poundcake

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 is made to update the published menu prior to meal service.