

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Hours	8:00am - 10:00am	7:30am - 10:00am	7:30am - 10:00am	7:30am - 10:00am	7:30am - 10:00am	7:30am - 10:00am	8:00am - 10:00am
Breakfast/Grill	Cage Free Scrambled Eggs JustEgg Vegan Scramble Belgian Waffles LightLife Vegan Breakfast Links Turkey Sausage Link Herbed Breakfast Potatoes Pork Breakfast Sausage Link Grits Cage Free Hard Boiled Egg White Rice Rolled Oats	Cage Free Hard Boiled Egg Cage Free Fried Egg Berkshire Scramble LightLife Vegan Breakfast Links Pancakes Chicken Sausage Patty Pork Breakfast Sausage Patty O'Brien Potatoes Grits Rolled Oats Quinoa	Cage Free Scrambled Eggs Cage Free Hard Boiled Egg Southwest Tofu Scramble Four Pepper Chicken Sausage Bacon Gardein Vegan Breakfast Patty French Toast Home Fries Brown Rice Rolled Oats Grits	Cage Free Fried Egg Cage Free Hard Boiled Egg JustEgg Folded Grilled Ham Steak Turkey Bacon Plant Based Sausage Link Hash Browns Strawberry Pancakes Grits Rolled Oats White Rice	Cage Free Scrambled Eggs Cage Free Hard Boiled Egg Tofu Scramble with Asparagus & Mushroom Green Origin Vegan Breakfast Patty Grilled Kielbasa Sausage Chicken and Apple Pan Fried Potatoes Cinnamon Swirl French Toast Grits Quinoa	Huevos Rancheros JustEgg Rancheros Cage Free Hard Boiled Egg Turkey Sausage Patty Chorizo Sausage with Onions and Peppers Morning Star Vegetarian Breakfast Patty Apple Cinnamon Pancakes Santa Fe Potatoes Grits Brown Rice	Cage Free Scrambled Eggs Cage Free Hard Boiled Egg Vegetable Tofu Scramble Canadian Bacon LightLife Vegan Breakfast Patty Herbed Breakfast Potatoes Whole Grain French Toast Sticks Grits Rolled Oats Strawberries White Rice
Pastry Selection	Croissant Mini Chocolate Croissant Raspberry Danish Cheese Danish Assorted Danish Vegan GF Pineapple Muffin English Muffin Assorted Bagels Assorted Croissants	Blueberry Muffin Vegan GF Blueberry Muffin English Muffin Assorted Bagels	Chocolate Muffin Vegan GF Double Chocolate Muffin English Muffin Assorted Bagels	Cinnamon Chocolate Chip Coffee Cake Vegan GF Cinnamon Chocolate Chip Muffin Assorted Bagels English Muffin	Cinnamon Roll with Icing Vegan GF Cinnamon Streusel Muffin Assorted Bagels English Muffin	Apple Cider Donut Vegan GF Apple Cider Muffin English Muffin Assorted Bagels	Blueberry Scones Vegan GF Blueberry Muffin English Muffin Assorted Bagels
Smoothies							
Lunch							
Hours	Closed	11:30am - 2:00pm	11:30am - 2:00pm	11:30am - 2:00pm	11:30am - 2:00pm	11:30am - 2:00pm	Closed
Soup		French Onion Soup Tomato & Garden Vegetable Soup	Chicken Noodle Soup Minestrone Soup	Chicken Orzo Soup Cream of Broccoli Soup	Thai Chicken Soup with Red Curry White Bean & Escarole Soup	Clam Chowder Chipotle Sweet Potato Soup	
Lighter Side		Grilled Chicken Breast Roasted Vegetable Vegan Ravioli Ratatouille Quinoa Steamed Green Beans Roasted Potatoes Whole Wheat Fusilli Sauce Tomato Al Dente	Grilled Chicken Breast Pakoras Baked Sweet Potato Brown Rice Whole Wheat Fusilli Sauce Tomato Al Dente	Grilled Chicken Breast Pakoras Steamed Swiss Chard Basmati Rice Roasted Yukon Gold Potatoes Whole Wheat Penne Rigate Fresh Marinara Sauce	Grilled Chicken Breast Black Bean Frijoles Peas and Carrots Garlic Green Beans Baked Sweet Potato White Rice Whole Wheat Fusilli Sauce Tomato Al Dente	Grilled Chicken Breast BBQ Chickpea Tofu Steamed Broccoli Quinoa Roasted Calico Fingerling Potatoes Whole Wheat Rotini Sauce Tomato Al Dente	
Traditional		Toasted 4 Cheese Ravioli Wild Mushroom Ravioli Roasted Zucchini and Summer Squash Fresh Marinara Sauce Alfredo Cheese Sauce Garlic and Herb Breadsticks	Spicy Sweet Shrimp Bulgogi Chicken Tofu with Sesame Ginger Glaze Sautéed Snap Peas and Mushrooms Sushi Rice Edamame Nori Mango Chunks Pickled Ginger Shredded Carrots Cilantro, Chopped Spicy Mayo Green Onion Kimchi Slaw	Chicken Caesar Wrap Pakora Caesar Wrap Chicken Tenders Roasted Brussels Sprouts with Garlic Chips Potato Sweet Kettle	Cuban Sandwich Black Bean Torta Cumin Roasted Carrots Yuca Fries	BBQ Chicken Sweet Baby Rays Barbeque Sauce Macaroni and Cheese Roasted Root Vegetables Vegetarian Baked Beans Corn Bread	
Pizza		Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza	Vegan "Cheese" Pizza Pepperoni Pizza Pizza Special of The Day Cheese Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza	
Burger Bar		Burger Vegan Corn Black Bean Burger Hamburger Bun	Turkey Burger Burger Gardenburger Veggie Brioche Hamburger Roll	Burger Southwest Black Bean Sweet Potato Burger Hamburger Bun	Turkey Burger Beyond Burger Hamburger Bun	New England Cod Cakes Southwest Black Bean Sweet Potato Burger Hamburger Bun	
Salad Bar		Creole Potato Salad	Greek Pasta Salad	Kalamata Olive Hummus Marinated Artichoke Heart Salad	Sweet Potato Salad with Cilantro & Lime	Fresh Mozzarella and Tomato Salad	
Dessert		Chocolate Chip Cookie Vegan Chocolate Chip Cookies	Strawberry Oat Bar Vegan Strawberry Oat Bar	Vegan Ranger Cookies Chocolate Chip M&M; Cookies	Chocolate Cream Cheese Brownie Vegan Espresso Brownies	Butterscotch Blondie Vegan Butterscotch Blondie	
Dinner							
Hours	Closed	5:00pm - 8:30pm	5:00pm - 8:30pm	5:00pm - 8:30pm	5:00pm - 8:30pm	5:00pm - 8:30pm	Closed
Soup							
Lighter Side		Classic Roasted Chicken Fresh Catch of the Day Chinese 5 Spice Mushroom Stir Fry Baked Sweet Potato Edamame White Rice	Classic Roasted Chicken Fresh Catch of the Day Caribbean Jerk Tofu Steamed Sugar Snap Peas Roasted Potatoes White Rice	Classic Roasted Chicken Fresh Catch of the Day Tempeh Fajita Steamed Kale Baked Sweet Potato AF Steamed Rice Brown	Classic Roasted Chicken Fresh Catch of the Day Herb Seared Tofu with Vegan Bordelaise Caramelized Spaghetti Squash Quinoa Roasted Calico Fingerling Potatoes	Classic Roasted Chicken Fresh Catch of the Day Garden District Jambalaya AF Baked Sweet Potato Steamed Swiss Chard AF Cooked Quinoa	
Traditional		Sweet and Sour Pork Sesame Ginger Chicken Pineapple Fried Rice Sesame Togarashi Green Beans & Bok Choy Edamame Dumpling	Caribbean Jerk Chicken Jamaican Coconut Curry Vegetables Red Beans and Rice Mango Pineapple Salsa	Beef Fajita Chicken Fajita Calabacitas Green Rice with Cilantro Corn Tortilla Flour Tortilla Charred Corn and Heirloom Tomato Salsa Cilantro Tomatoes Iceberg, Lettuce, Shredded Guacamole Pepper Jack Cheese Sour Cream	Chicken Kyiv Grilled Swordfish Lemon & Dill Cream Sauce Garlic and Lemon Roasted Broccoli Ciabatta Roll Rice Pilaf	Blackened Catfish Creole Chicken Jambalaya Braised Collard Greens with Garlic Succotash	
Pasta		Whole Wheat Fusilli Penne Pasta Sauce Tomato Al Dente Vodka Sauce	Sauce Tomato Al Dente Whole Wheat Fusilli Siciliana Sauce Penne Pasta	Penne Pasta Whole Wheat Fusilli Sauce Tomato Al Dente Alfredo Cheese Sauce	Linguini Whole Wheat Penne Sauce Tomato Al Dente Provencal Sauce	White Clam Sauce Sauce Tomato Al Dente Whole Wheat Rotini Linguini	

Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza	Pepperoni Pizza Cheese Pizza Pizza Special of The Day Vegan "Cheese" Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza
Bread Selection					
Dessert	Steamed Raspberry Jam Pudding Vegan Raspberry Vanilla Cake	Tiramisu Cake Vegan Chocolate Mousse Cake	Lavender Cake Vegan Lavender Cake	Assorted Ice Cream Novelties	Mint Chocolate Chip Cheesecake Vegan Cheesecake

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.