

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Hours	8:00am - 9:30am	8:00am - 9:30am	8:00am - 9:30am	8:00am - 9:30am	8:00am - 9:30am	8:00am - 9:30am	8:00am - 9:30am
Breakfast/Grill	Cage Free Hard Boiled Egg Cage Free Scrambled Eggs JustEgg Vegan Scramble Belgian Waffle Turkey Sausage Link Pork Breakfast Sausage Link LightLife Vegan Breakfast Links Herbed Breakfast Potatoes Rolled Oats Quinoa	Cage Free Fried Egg Cage Free Hard Boiled Egg Berkshire Scramble Tripleberry Pancake LightLife Vegan Breakfast Patty Chicken Sausage Patty Pork Breakfast Sausage Patty Santa Fe Potatoes Rolled Oats Grits Brown Rice	Cage Free Scrambled Eggs Cage Free Hard Boiled Egg Tofu Scramble French Toast Four Pepper Chicken Sausage Gardein Vegan Breakfast Patty Bacon Home Fries Rolled Oats Grits White Rice	Cage Free Fried Egg Cage Free Hard Boiled Egg JustEgg Folded Chocolate Chip Pancakes Plant Based Sausage Link Turkey Bacon Grilled Ham Steak Pan Fried Potatoes Rolled Oats Grits Quinoa	Cage Free Scrambled Eggs Cage Free Hard Boiled Egg Tofu Scramble with Asparagus & Mushroom French Toast Grilled Kielbasa Green Origin Vegan Breakfast Patty Sausage Chicken and Apple O'Brien Potatoes Grits Rolled Oats Brown Rice	Cage Free Fried Egg Cage Free Hard Boiled Egg JustEgg Rancheros Blueberry Pancakes Turkey Sausage Patty Morning Star Vegetarian Breakfast Patty Chorizo Sausage with Onions and Peppers Herbed Breakfast Potatoes Rolled Oats Grits White Rice	Cage Free Hard Boiled Egg Cage Free Scrambled Eggs Vegetable Tofu Scramble Whole Grain French Toast Sticks LightLife Vegan Breakfast Patty Canadian Bacon Hash Browns Rolled Oats Grits Quinoa
Pastry Selection	Vegan GF Pineapple Muffin Blueberry Scones Assorted Danish Assorted Croissants English Muffin Assorted Bagels	Vegan GF Raspberry Muffin Raspberry Muffin Assorted Bagels English Muffin	Cranberry Orange Muffins Vegan GF Cranberry Orange Muffin Assorted Bagels English Muffin	Banana Bread Vegan GF Banana Muffin Assorted Bagels English Muffin	Cinnamon Twists Vegan GF Cherry Muffin Assorted Bagels English Muffin	Assorted Donuts Vegan GF Maple Muffin Assorted Bagels English Muffin	Cinnamon Chip Scone Croissants Vegan GF Cinnamon Muffin Assorted Bagels English Muffin
Smoothies							
Lunch							
Hours	12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm
Soup	Tomato & Garden Vegetable Soup Val's Tomato Basil Bisque						
Lighter Side	Grilled Chicken Breast Just Egg Garden Frittata Steamed Broccoli Baked Sweet Potato Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce	Grilled Chicken Breast Steamed Swiss Chard Roasted Yukon Gold Potatoes Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce	Grilled Chicken Breast Steamed Green Beans Roasted Broccoli Baked Sweet Potato Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce	Grilled Chicken Breast Steamed Spinach Roasted Potatoes Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce	Grilled Chicken Breast Veggie Burger Wrap Steamed Kale Baked Sweet Potato Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce	Grilled Chicken Breast Casablanca Cous Cous Steamed Sugar Snap Peas Roasted Yukon Gold Potatoes Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce	Grilled Chicken Breast Roasted Vegetable Vegan Ravioli Steamed Sugar Snap Peas Vegetable of The Day Roasted Potatoes Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce
Traditional	Vermont Corned Beef Garden Frittata Cage Free Scrambled Eggs Rosemary Roasted Potatoes Roasted Zucchini and Summer Squash	BLTA Fried Green Tomato BLT Nuggets Vegan Sesame Honey Roasted Carrots Sweet Potato Waffle Fries	Philly Cheesesteak Beef Philly Portabella Sandwich Filling Sautéed Onions and Peppers Cheese Sauce Vegan Cheese Sauce Sub Rolls Hot Pepper Relish	Mediterranean Vegetable & Hummus Wrap West Coast Turkey Sandwich Steamed Primavera Vegetables Blue Corn Tortilla Chips	Val Burger Wrap Veggie Val Burger Wrap Sweet Potato Fries Monaco Vegetable Blend	Citrus and Salmon Salad Citrus and Tofu Salad Blueberry Pomegranate Vinaigrette	Wild Mushroom Ravioli Braised Beef Ravioli Sautéed Garlic Kale Alfredo Cheese Sauce Fresh Marinara Sauce Garlic and Herb Breadsticks
Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza						
Burger Bar	Turkey Burger Vegetarian Gardenburger Chicken Tenders French Fries Hamburger Bun						
Salad Bar	Greek Pasta Salad Tortellini Salad Kale, Cabbage and Cranberry Slaw Creole Potato Salad Marinated Vegetable Salad Tuscan White Bean Salad						
Dessert	Chocolate Chip M&M; Cookie Vegan Ranger Cookies	Salted Caramel Pretzel Bar Vegan Salted Caramel Pretzel Bar	Sugar Cookie Vegan Vanilla Coconut Cookie	Congo Bars Vegan Congo Bars	Chocolate Cream Cheese Brownie Vegan Espresso Brownies	Rice Krispy Treats Crispy Chewy Treats	Vegan Bakery Special of The Day Bakery Special of The Day
Dinner							
Hours	5:00pm - 7:30pm	5:00pm - 7:30pm	5:00pm - 7:30pm	5:00pm - 7:30pm	5:00pm - 7:30pm	5:00pm - 7:30pm	5:00pm - 7:30pm
Soup							
Lighter Side	Classic Roasted Chicken Fresh Catch of The Day Vegan Paella Steamed Spinach Baked Sweet Potato Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce	Classic Roasted Chicken Fresh Catch of The Day Steamed Kale Vegetable of The Day Roasted Yukon Gold Potatoes Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce Alfredo Cheese Sauce	Classic Roasted Chicken Fresh Catch of The Day Calabacitas Steamed Sugar Snap Peas Baked Sweet Potato Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce Siciliana Sauce	Classic Roasted Chicken Fresh Catch of The Day Vegan Stuffed Pepper Vegetable of The Day Roasted Potatoes Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce Pesto Cream Sauce	Classic Roasted Chicken Fresh Catch of The Day Steamed Broccoli Baked Sweet Potato Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce Marsala Mushroom Sauce	Classic Roasted Chicken Fresh Catch of The Day Herb Seared Tofu Steamed Swiss Chard Roasted Yukon Gold Potatoes Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce Vodka Sauce	Classic Roasted Chicken Fresh Catch of The Day Steamed Green Beans Vegetable of The Day Roasted Potatoes Brown Rice White Rice Pasta of The Day Gluten Free Pasta of The Day Fresh Marinara Sauce Bolognese Sauce
Traditional	Carne Asada Paella Valencia Chimichurri Verde Sauce Mediterranean Potatoes Snowflake Pull Apart Roll	Meatballs Veggie "Meatballs" Garlic and Lemon Roasted Broccoli Rosemary Focaccia Fresh Marinara Sauce Spaghetti	Chicken Fajita Beef Fajita Vegan Fajita Green Rice with Cilantro Tortilla Corn Tortilla Avocado Lime Sauce Pico de Gallo Iceberg, Lettuce, Shredded Cheddar Cheese Diced Tomatoes	Macaroni and Cheese Mac & "Cheese" Popcorn Chicken Pulled Pork Broccoli, Florets Caramelized Onions Sautéed Mushrooms Scallions Crumbled Bacon	Kalbi Beef Short Ribs Tofu with Kalbi Marinade Vegan Pineapple Fried Rice Pork & Kimchi Dumpling Kale and Vegetable Dumpling Steamed Sugar Snap Peas	Chicken Parmesan Eggplant Parmesan Steamed Primavera Vegetables Spaghetti Fresh Marinara Sauce Snowflake Pull Apart Roll	Chicken Wings Buffalo Chicken Wings Crispy Vegan Tenders Sesame Chicken Wings Tempura Tender
Pasta							
Pizza	Cheese Pizza Pepperoni Pizza Pizza Special of The Day Vegan "Cheese" Pizza						
Bread Selection							

Dessert	Chocolate Cake Homemade Vegan Chocolate Cake	Carrot Cake Vegan Carrot Cake	Pineapple Upside Down Cake	Premium Chocolate Ice Cream Assorted Sorbet Vanilla Ice Cream	Cheesecake Vegan Lemon Tarts	Lemon Chess Pie Vegan Banana Bread	Strawberry Shortcake Vegan Strawberry Shortcake
---------	---	----------------------------------	----------------------------	--	---------------------------------	---------------------------------------	--

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.