



# HAMPSHIRE COLLEGE DINING COMMONS FEATURED MENU

*May 4 - May 10, 2026*

*It been our  
pleasure serving  
you!!!*

AS WE WRAP UP THE SEMESTER,  
OUR MENUS ARE SUBJECT TO  
CHANGE.

THIS ALLOWS US TO USE OUR  
REMAINING INGREDIENTS  
RESPONSIBLY AND AVOID THROWING  
AWAY GOOD FOOD



**HAMPSHIRE COLLEGE DINING  
COMMONS FEATURED MENU**

*Monday May 4, 2026*

*Breakfast*

**SAVORY**

**CHEESE OMELET**

**MAPLE BREAKFAST SAUSAGE**

**FRUIT FILLED PANCAKES**

**GROWN**

**TOFU SCRAMBLE**

WITH SPINACH AND TOMATO

**MORNINGSTAR**

**BREAKFAST SAUSAGE**

**BABY CAKES**



# HAMPSHIRE COLLEGE DINING COMMONS FEATURED MENU

*Monday May 4, 2026*

**SAVORY**

**GROWN**

**SHOWCASE**

**TWISTS**

**SIZZLE**

**BLISS**

## LUNCH

General Tso's Chicken  
Steamed White Rice  
Pork Potstickers  
Served with Butter

Tofu Stir Fry  
Steamed Edamame & Kale  
Dumplings  
Steamed Brown Rice

Poke Bar

Grilled Chicken  
Marinara sauce  
Dijon Cream  
Chef's choice of Pasta

CLOSED

Freshly Baked Cookies  
Assorted Bars  
Chocolate 90 Pudding

## DINNER

Roasted Turkey With  
Gravy  
Mashed Potatoes  
Cornbread Stuffing

Vegan Meatloaf  
Steamed Peas  
Roasted Carrots  
Cranberry Relish & Cajun  
Coleslaw

CLOSED

Grilled Chicken  
Marinara sauce  
Dijon Cream  
Chef's choice of Pasta

CLOSED

Dessert Bars  
Assorted Cakes and Pies  
Cookies



**HAMPSHIRE COLLEGE DINING  
COMMONS FEATURED MENU**

*Tuesday May 5, 2026*

*Breakfast*

**SAVORY**

**SCRAMBLED EGGS**

**ROASTED SWEET POTATOES**

**PORK BACON**

**APPLE STRUDEL**

WITH WHIPPED CREAM

**GROWN**

**TOFU SCRAMBLE**

WITH CURRIED ROOT VEGETABLES

**INCOGNITO BREAKFAST SAUSAGE**

**SAUTEED KALE**

WITH GARLIC



# HAMPSHIRE COLLEGE DINING COMMONS FEATURED MENU

*Tuesday May 5, 2026*

**SAVORY**

**GROWN**

**SHOWCASE**

**TWISTS**

**SIZZLE**

**BLISS**

## LUNCH

Jamaican Beef Patties  
Jerk Chicken & Sweet  
Potato Chili  
Roasted Plantains

Chickpea Vegetable  
Rundown  
Steamed Rice  
Caribbean Spiced Beans

Poke Bar

Meatballs  
Marinara sauce  
Pesto Alfredo sauce  
Chef's choice of Pasta

CLOSED

Freshly Baked Cookies  
Bars  
Chocolate Pudding

## DINNER

Cheese Tortellini  
Roasted Zucchini  
Italian Sausage  
With Peppers & Onions

Vegan Bolognese  
Vegan Ravioli  
Sauteed Kale  
With Garlic

CLOSED

Meatballs  
Marinara sauce  
Pesto Alfredo sauce  
Chef's choice of Pasta

CLOSED

Dessert Bars  
Assorted Cakes and Pies  
Parfaits



**HAMPSHIRE COLLEGE DINING  
COMMONS FEATURED MENU**

*Wednesday May 6, 2026*

*Breakfast*

**SAVORY**

**WAFFLES**

WITH BERRIES & WHIPPED CREAM

**SPINACH BACON & GRUYERE FRITTATA**

**HASH BROWNS**

**GROWN**

**TOFU SCRAMBLE**

WITH BROCCOLI & SUNDRIED TOMATOES

**BREAKFAST POTATOES**

**MORNINGSTAR BREAKFAST SAUSAGE**



# HAMPSHIRE COLLEGE DINING COMMONS FEATURED MENU

*Wednesday May 6, 2026*

**SAVORY**

**GROWN**

**SHOWCASE**

**TWISTS**

**SIZZLE**

**BLISS**

## LUNCH

Roasted Pork Tenderloin  
With BBQ Onions  
White Cheddar  
Mac n' Cheese  
Sautéed Green Beans  
With garlic

Three Bean Chili  
Roasted Winter Squash  
With Brown Butter & Sage  
Braised Collard Greens

Poke Bar

Grilled Chicken  
Marinara sauce  
Arrabbiatta  
Chef's choice of Pasta

CLOSED

Freshly Baked Cookies  
Assorted Bars  
Pudding

## DINNER

Seared Pork Kielbasa  
With peppers & Onions  
Twice baked Potato  
With Green Onions & Cheddar  
Buttered Peas

Farrow & Squash  
Stuffed Tomato  
Sautéed Kale  
With garlic  
Fried Brussel Sprouts

CLOSED

Grilled Chicken  
Marinara sauce  
Arrabbiatta  
Chef's choice of Pasta

CLOSED

Dessert Bars  
Assorted Cakes and Pies  
Parfaits



**HAMPSHIRE COLLEGE DINING  
COMMONS FEATURED MENU**

*Thursday May 7, 2026*

*Breakfast*

**SAVORY**

**FRIED EGGS**

**CHICKEN SAUSAGE**

**TATOR TOTS**

**FRENCH TOAST**

**WITH SPICED MAPLE SYRUP**

**GROWN**

**TOFU SCRAMBLE**

**WITH SWEET POTATO & BLACK BEAN**

**MORNINGSTAR VEGETABLE SAUSAGE**

**MAPLE CINNAMON OATMEAL**



# HAMPSHIRE COLLEGE DINING COMMONS FEATURED MENU

*Thursday May 7, 2026*

**SAVORY**

**GROWN**

**SHOWCASE**

**TWISTS**

**SIZZLE**

**BLISS**

## LUNCH

Birria Beef  
Yellow Rice  
With Olives, Pork & Saffron  
Roasted Plantains

Lentil & Garden Vegetable  
Stuffed Zucchini  
Garlic Mashed Potatoes  
Fried Brussel Sprouts  
With Balsamic

Poke Bar

Italian Sausage  
Marinara sauce  
Bolognese  
Chef's choice of Pasta

CLOSED

Freshly Baked Cookies  
Blondies  
Pudding

## DINNER

Chicken Bulgogi  
With Lettuce Cups  
Kimchi Rice  
Vegetable Spring Rolls

Harvest Shepard's Pie  
Steamed Peas & Pearl  
Onions  
Roasted Spaghetti Squash

CLOSED

Italian Sausage  
Marinara sauce  
Bolognese  
Chef's choice of Pasta

CLOSED

Dessert Bars  
Assorted Cakes and Pies  
Parfaits



**HAMPSHIRE COLLEGE DINING  
COMMONS FEATURED MENU**

*Friday May 8, 2026*

*Breakfast*

**SAVORY**

**CHERRY STRUDEL**

WITH WHIPPED CREAM

**SCRAMBLED EGGS**

**TURKEY SAUSAGE**

**HASH BROWNS**

**GROWN**

**TOFU SCRAMBLE**

WITH TOMATO & SPINACH

**MORNINGSTAR VEGGIE SAUSAGE**



# HAMPSHIRE COLLEGE DINING COMMONS FEATURED MENU

*Friday May 8, 2026*

**SAVORY**

**GROWN**

**SHOWCASE**

**TWISTS**

**SIZZLE**

**BLISS**

## LUNCH

Chicken Cordon Bleu  
Mashed Sweet Potatoes  
Steamed Broccoli  
With Garlic

Channa Masala  
Steamed Basmati Rice  
Vegetable Samosa  
With Mango Chutney

Poke Bar

Grilled Chicken  
Marinara Sauce  
Bechamel  
Chef's choice of Pasta

CLOSED

Freshly Baked Cookies  
Cheesecake Brownies  
Pudding

## DINNER

Beef Swedish Meatballs  
Egg Noodles  
Sauteed Green Beans  
With Garlic

Plant Based Tenders  
French Fries  
Roasted Root Vegetables

CLOSED

Grilled Chicken  
Marinara Sauce  
Bechamel  
Chef's choice of Pasta

CLOSED

Dessert Bars  
Assorted Cakes and Pies  
Parfaits



# HAMPSHIRE COLLEGE DINING COMMONS FEATURED MENU

*Saturday May 9, 2026*

**SAVORY**

**GROWN**

**SHOWCASE**

**TWISTS**

**SIZZLE**

**BLISS**

## BRUNCH

Cheese Omelets  
Scrambled Eggs  
Pork Bacon

Tofu Scramble  
With Black Bean & Veggie Chorizo  
Morningstar Veggie  
Sausage  
Tater Tots

CLOSED

Ratatouille  
Marinara sauce  
Alfredo sauce  
Chef's choice of Pasta

Chocolate Croissants

Freshly Baked Cookies  
Assorted Dessert Bars  
Pudding

## DINNER

Halal Pepperoni Pizza  
Chicken Wings  
Roasted Zucchini  
& Red Bell Peppers

Falafel Bites  
With Tzatziki  
Lentil Rice  
With Herbs  
Sauteed Kale  
With Garlic

CLOSED

Ratatouille  
Marinara sauce  
Alfredo sauce  
Chef's choice of Pasta

CLOSED

Dessert Bars  
Assorted Cakes and Pies  
Parfaits



# HAMPSHIRE COLLEGE DINING COMMONS FEATURED MENU

*Sunday May 10, 2026*

**SAVORY**

**GROWN**

**SHOWCASE**

**TWISTS**

**SIZZLE**

**BLISS**

## BRUNCH

Scrambled Eggs  
With Cheddar Cheese  
Fried Eggs  
Pork Sausage  
Hash Browns

Tofu Scramble  
With Tomato & Zucchini  
Morningstar Veggie  
Sausage  
Roasted Carrots  
with Garlic & Herbs

CLOSED

Grilled Chicken  
Marinara sauce  
Alfredo sauce  
Chef's choice of Pasta

Waffles  
With Fresh Berries &  
Whipped Cream

Freshly Baked Cookies  
Assorted Dessert Bars  
Pudding

## DINNER

Beef Enchilada Bake  
Cumin & Chili Roasted  
Potatoes  
Steamed Broccoli  
With Garlic

Black Bean Enchilada  
Bake  
Roasted Plantains  
Tuscan Vegetable Medley

CLOSED

Grilled Chicken  
Marinara sauce  
Alfredo sauce  
Chef's choice of Pasta

CLOSED

Dessert Bars  
Assorted Cakes and Pies  
Parfaits