



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - MAY 22 - 28, 2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST	<p>(Brunch)</p> <ul style="list-style-type: none"> Assorted Muffins Sausage Patty 	<ul style="list-style-type: none"> Assorted Bagel Cold Cuts Harsh Brown Cucumber Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Waffles Steamed Buns Yogurt Frittata Cereal/Milk 	<ul style="list-style-type: none"> Banana Bread Hash Brown Bacon Celery Sticks Yogurt Cereal/Milk 	<ul style="list-style-type: none"> English Muffins Omelette Sausage Cheese Yogurt Cereal/Milk 	(Brunch)		
LUNCH	<ul style="list-style-type: none"> Hard Boiled Eggs Tomatoes Yogurt Cereal/Milk Moroccan Meatball Pasta Soup Dinner Roll Mexican Rice Salad with Breaded Chicken - Food Committee Steamed Seasonal Vegetable Veg: Mexican Rice Salad Halal: Moroccan Meatball Couscous Soup 	<ul style="list-style-type: none"> Hayashi Rice - Japanese Beef Seasoned Rice Tomato Basil Chicken Baked Seasonal Vegetable Veg: Spanish Chickpeas Halal: Hayashi Rice - Japanese Beef 	<ul style="list-style-type: none"> Thai Coconut Curry Shrimp Noodle Bowl Chicken Lombardy Potato Wedges Grilled Seasonal Vegetable Veg: Thai Coconut Curry Tofu Noodle Bowl Halal: Thai Coconut Curry Shrimp Noodle Bowl 	<ul style="list-style-type: none"> Baked Ziti Garlic Bread Chicken Teriyaki Steamed Seasonal Vegetables Veg: Pea and Mint Soup - Food Committee Halal: Baked Ziti 	<ul style="list-style-type: none"> Cioppino - Italian Seafood Stew Dinner Roll Moroccan Chicken W/ Cream Moroccan Rice Pilaf Cream Peas Veg: Moroccan Lentil Rice Pilaf Halal: Baked Fish 	<ul style="list-style-type: none"> Middle Eastern Chicken and Rice Poached Eggs Waffles French Roast Duck W/ Orange Sauce Blender Hollandaise Sauce Cereal/Milk Steamed Seasonal Vegetable Congee Veg: Middle Eastern Rice Halal: Middle Eastern Chicken and Rice Seasonal Fruits Salad 	<p>(Brunch)</p> <ul style="list-style-type: none"> Cod Fish Cakes Baked Fries Greek Lemon Chicken Yogurt Cereal/Milk Grilled Seasonal Vegetable Congee Veg: Philly Cheese & Veggie Sandwich Halal: Greek Lemon Chicken Seasonal Fruits Salad 	
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 							
SALAD BAR	<ul style="list-style-type: none"> Honey Glazed Carrots Romaine 	<ul style="list-style-type: none"> Cold Herbed Pasta Salad Garden Salad 	<ul style="list-style-type: none"> Potato Salad Mixed Greens 	<ul style="list-style-type: none"> Tomato Basil Salad Romaine 	<ul style="list-style-type: none"> Coleslaw Iceberg 			
DINNER	<ul style="list-style-type: none"> Seafood Paella Noodle Peri Peri African Chicken Naan Stir-Fried Seasonal Vegetables Veg: Mushroom Paella Noodle Halal: Seafood Paella Noodle 	<ul style="list-style-type: none"> Spicy Pork & Chili-Pepper Goulash Baked Chicken Fingers - Food Committee Oven-Baked Potato Wedges Steamed Seasonal Vegetables Veg: Crunchy Parmesan Cutlet Halal: Baked Chicken Fingers - Food Committee 	<ul style="list-style-type: none"> Nigerian Beef Suya Jollof Rice - Food Committee West African Chicken - Food Committee Stir-Fried Seasonal Vegetables Veg: Extreme Vegetables With Jollof Rice Halal: Russian Beef Stroganoff 	<ul style="list-style-type: none"> Lemon-Garlic Pork and Broccoli Mashed Potatoes Braised Balsamic Chicken Coconut Rice Steamed Seasonal Vegetable Veg: Kotlet - Food Committee Halal: Ukrainian/Russian Meat Patties (Kotleti) 	<ul style="list-style-type: none"> Chef's Special Thai'd Up Quesadilla - Food Committee Steamed Seasonal Vegetable Veg: Pasta Pomodoro Halal: Thai'd Up Quesadilla - Food Committee 	<ul style="list-style-type: none"> Carribbean Chicken Beef Bulgogi Pineapple Cilantro Rice Baked Seasonal Vegetables Veg: Cuban Black Bean Patties with Pineapple Cilantro Rice Halal: Beef Bulgogi 	<ul style="list-style-type: none"> Italian Mussels Italian Style Pork Chops Basil Pasta Stir-Fried Seasonal Vegetable Veg: Quinoa, Lentil & Feta Halal: Italian Mussels 	
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 					<ul style="list-style-type: none"> Seasonal Fruits & Salad 		
SNACK		<ul style="list-style-type: none"> FruitSalad Milk 	<ul style="list-style-type: none"> Seasonal Fruits Rice Crispy Milk 	<ul style="list-style-type: none"> Seasonal Fruits Hotdog Milk 				

- Menu items are subject to change upon availability
 - Breakfast: unlimited whole wheat toast, 2% milk, & assorted juices provided daily.
 - Dinner: unlimited serving
 - Salad Bar: unlimited self-serving



BRONTE COLLEGE WEEKLY MENU (WEEK 3 - MAY 15 - 21, 2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Sausage Patty Yogurt Tomatoes Cereal/Milk 	<ul style="list-style-type: none"> Assorted Bagel Hard-Boiled Egg Breakfast Patty Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Cold Cuts Steamed Buns Frittata Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Pancakes Scrambled Eggs Bacon Yogurt Cucumbers Cereal/Milk 	<p>(Brunch)</p> <ul style="list-style-type: none"> Rasin Bread Omelette Sausage Hashbrowns Yogurt Cereal/Milk Salmon W/ Lemon, Capers & Rosemary Nikujaga (Beef & Potato Stew) - Food Committee Green Peas and Rice Creamed Spinach Veg: Potato Stew - Food Committee Halal: Nikujaga (Beef & Potato Stew) - Food Committee 	<p>(Brunch)</p> <ul style="list-style-type: none"> Smoked Salmon Eggs Benedict Moussaka Mac and Cheese Yogurt Cereal/Milk Stir-Fried Seasonal Vegetable Congee Veg: Eggs & Tomato Benedict Halal: Smoked Salmon Eggs Benedict Seasonal Fruits Salad 	<p>(Brunch)</p> <ul style="list-style-type: none"> Keema - Indian Spiced Beef Skillet Potatoes & Green Beans English Muffin Sausage & Egg Casserole Warm Corn & Avocado Salad Cereal/Milk Moroccan Spicy Carrot Salad Congee Veg: Warm Corn & Avocado Salad Halal: Keema - Indian Spiced Beef Seasonal Fruits Salad
	<ul style="list-style-type: none"> Seasonal Fruits 						
LUNCH	<ul style="list-style-type: none"> Loco Moco Paleo Greek Chicken Grilled Seasonal Vegetable Veg: Persian Kotlet - Food Committee Halal: Paleo Greek Chicken 	<ul style="list-style-type: none"> Ravioli W/ Meat Sauce All American Roast Beef Parsley Rice Steamed Seasonal Vegetable Veg: Ravioli W/ Roasted Vegetables Halal: Ravioli W/ Meat Sauce 	<ul style="list-style-type: none"> Chicken Enchiladas Mexican Cream Corn Vietnamese Lemongrass Beef Stir-Fried Seasonal Vegetable Veg: Black Bean and Cheese Enchiladas Halal: Vietnamese Beef Vermicelli Noodles 	<ul style="list-style-type: none"> Caprese Chicken Pasta Garlic Bread Sweet Mustard Glazed Pork Roast Seasoned Rice Veg: Pasta W/ Sun-Dried Tomatoes, Olives & Lemon Halal: Caprese Chicken Pasta 	<ul style="list-style-type: none"> Seasonal Fruits & Salad 	<ul style="list-style-type: none"> Seasonal Fruits & Salad 	
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 						
SALAD BAR	<ul style="list-style-type: none"> Corn Salad Romaine 	<ul style="list-style-type: none"> Cold Herbed Pasta Salad Garden Salad 	<ul style="list-style-type: none"> Potato Salad Mixed Greens 	<ul style="list-style-type: none"> Greek Garbanzo Bean Salad Romaine 	<ul style="list-style-type: none"> Coleslaw Iceberg 		
DINNER	<ul style="list-style-type: none"> Buttermilk Baked Chicken Greek Style Potatoes Scallops Florentine Pizza Steamed Seasonal Vegetables Congee Veg: Pasta Florentine Halal: Buttermilk Baked Chicken 	<ul style="list-style-type: none"> Nigerian Chicken Fried Rice - Food Committee Honey Balsamic Ham Dinner Roll Pizza Ethiopian Stir Fry Cabbage Congee Veg: Aloo Gobi Masala Halal: Nigerian Chicken Fried Rice - Food Committee 	<ul style="list-style-type: none"> Afelia Braised Pork Brazilian White Rice Garlic Shrimp - Food Committee Pizza Stir-Fried Seasonal Vegetables Congee Veg: Spanish Tofu W/ Lentils Halal: Garlic Shrimp - Food Committee 	<ul style="list-style-type: none"> Beef Satay Coconut Rice Filipino Adobo Chicken With Ginger Pizza Steamed Seasonal Vegetable Congee Veg: Cauliflower, Egg & Potato Curry Halal: Beef Satay 	<ul style="list-style-type: none"> Seasonal Fruits & Salad 	<ul style="list-style-type: none"> Seasonal Fruits & Salad 	
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 						
SNACK	<ul style="list-style-type: none"> Seasonal Fruits Banana Cookies - Food Committee Milk 	<ul style="list-style-type: none"> Seasonal Fruits Brownie Milk 	<ul style="list-style-type: none"> Asian Bun Milk 				

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