



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - AUG 21 - 27, 2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Hard-Boiled Egg Cold Cuts Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Assorted Bagel Cucumber Breakfast Patty Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Steamed Buns Hashbrowns Frittata Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Pancakes Tomatoes Bacon Scrambled Eggs Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Waffles Omelette Sausage Yogurt Cereal/Milk 		
	<ul style="list-style-type: none"> Seasonal Fruits 						
LUNCH	<ul style="list-style-type: none"> Hungarian Beef Goulash Baked Pork Chops Seasoned Rice Butter Pasta Baked Seasonal Vegetable Veg: Tomato & Asparagus Carbonara Halal: Hungarian Beef Goulash 	<ul style="list-style-type: none"> Chicken Tacos Seasoned Basmati Rice Gamjatang - Korean Pork Bone Soup Steamed Seasonal Vegetable Veg: Smoky White Bean Shakshuka Halal: Chicken Tacos 	<ul style="list-style-type: none"> Seafood Chowder & Dinner Roll Nigerian Peppered Chicken & Coconut Rice - Food Committee Grilled Seasonal Vegetable Veg: Artichoke Spinach Lasagna - Food Committee Halal: Nigerian Peppered Chicken & Coconut Rice - Food Committee 	<ul style="list-style-type: none"> Rosemary Ranch Chicken Herbed Pasta Bi Bim Bap - Korean Mixed Rice Maple Dill Carrots Veg: Bi Bim Bap - Korean Mixed Rice Halal: Rosemary Ranch Chicken 	<ul style="list-style-type: none"> Fish & Chips Beef Salisbury French Fries Cumin Lime Coleslaw Veg: Chickpea Polenta Burger Halal: Fish & Chips 	<p>(Brunch)</p> <ul style="list-style-type: none"> Baked Chicken Cordon Bleu - Food Committee Macaroni Soup With Ham - Food Committee Ciabatta Turkish Menemen Cereal/Milk Steamed Seasonal Vegetable Veg: Onion and White Bean Bake Halal: Chicken & Waffles Seasonal Fruits Salad 	<p>(Brunch)</p> <ul style="list-style-type: none"> Spinach & Bacon Quiche Guadeloupe Chicken Cinnamon French Toast Yogurt Cereal/Milk Steamed Seasonal Vegetable Veg: Omlette Rice Halal: Guadeloupe Chicken 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"> Mexican Bean 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"> Hawaiian Luau Barbecued Beef Lemon Thyme Rice Coconut Lemongrass Chicken Pizza Pineapple Salsa Veg: Hawaiian Luau Barbecued Gluten Halal: Hawaiian Luau Barbecued Beef 	<ul style="list-style-type: none"> West Indian Curried Chicken - from Syndra Carlier Mediterranean Chicken Pasta Roti Pizza Curry Roasted Carrots Veg: West Indian Curry Halal: Mediterranean Chicken Pasta 	<ul style="list-style-type: none"> Mapo Tofu Dinner Roll Baked Tilapia Pizza Charred Green Beans Veg: Mapo Tofu Halal: Baked Tilapia 	<ul style="list-style-type: none"> Bavarian Pork Stew Spanish Spiced Rubbed Chicken Carrot Rice Pizza Southern Fried Cabbage Veg: Mushroom Omelette Rice Halal: Spanish Spiced Rubbed Chicken 	<ul style="list-style-type: none"> Chef's Special Sushi Grilled Seasonal Vegetable Veg: Sushi Halal: Sushi 	<ul style="list-style-type: none"> Spanish Chicken & Potato Roast Filipino Beef Salpicao Garlic Cilantro Lime Rice Baked Seasonal Vegetables Veg: Spicy Potato Curry Halal: Spanish Chicken & Potato Roast 	<ul style="list-style-type: none"> Sesame Beef Creamy Seafood Baked Fried Rice W/ Eggs Stir-Fried Seasonal Vegetable Veg: Cheese and Spinach Pizza Halal: Shrimp Orzo With Parmesan & Basil
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 						<ul style="list-style-type: none"> Seasonal Fruits & Salad

- 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 - AUG 14 - 20, 2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Sausage Patty Hard Boiled Eggs Tomatoes Yogurt Cereal/Milk 	<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)	(Brunch)
	<ul style="list-style-type: none"> Seasonal Fruits 						
LUNCH	<ul style="list-style-type: none"> 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 	<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"> Caribbean 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

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