



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - SEPT 25 - OCT 1, 2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Sausage Patty Yogurt Tomatoes Sweet Potato Congee Chinese Donut 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 	<ul style="list-style-type: none"> Rasin Bread Omelette Sausage Hashbrowns Yogurt Cereal/Milk 	(Brunch)	(Brunch)
	<ul style="list-style-type: none"> Seasonal Fruits 						
LUNCH	<ul style="list-style-type: none"> Thai Fried Pork W/ Basil 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 Beef Fried Rice Parsley Rice Steamed Seasonal Vegetable Veg: Ravioli W/ Roasted Vegetables Halal: Beef Fried Rice 	<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 Lemongrass Beef 	<ul style="list-style-type: none"> Hungarian Chicken Paprikas Buttered Egg Noodles Sweet Mustard Glazed Pork Roast Seasoned Rice Veg: Pasta W/ Sun-Dried Tomatoes, Olives & Lemon Halal: Hungarian Chicken Paprikas 	<ul style="list-style-type: none"> Salmon W/ Lemon, Capers & Rosemary Nikujaga (Beef & Potato Stew) - Food Committee Sesame Lime Rice Creamed Spinach Veg: Potato Stew - Food Committee Halal: Nikujaga (Beef & Potato Stew) - Food Committee 	<ul style="list-style-type: none"> Smoked Salmon Eggs Benedict Moussaka Cheese Ham Pie Yogurt Cereal/Milk Stir-Fried Seasonal Vegetable Congee Veg: Eggs & Tomato Benedict Halal: Smoked Salmon Eggs Benedict Seasonal Fruits Salad 	<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 & 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"> Caribbean Chicken Fricassee English Fish Pie Scallops Florentine Pizza Steamed Seasonal Vegetables Congee Veg: Pasta Florentine Halal: English Fish Pie 	<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"> Maple-Glazed Pork Spare Ribs 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"> Picadillo Cubano Cuban Red Beans and Rice Filipino Adobo Chicken With Ginger Pizza Spicy Indian Green Beans Congee Veg: Cauliflower, Egg & Potato Curry Halal: Beef Satay 	<ul style="list-style-type: none"> Chef's Special Sushi Mashed Potatoes Pizza Grilled Seasonal Vegetable Congee Veg: Sushi Halal: Sushi 	<ul style="list-style-type: none"> Greek Marinated Grilled Chicken Pot Roast - Food Committee Steamed Potatoes Baked Seasonal Vegetables Veg: Grilled Greek Vegetables Wrap Halal: Greek Marinated Grilled Chicken 	<ul style="list-style-type: none"> Braised Beef W/ Potatoes Paprika Chicken & Spinach Onion Rice Grilled Seasonal Vegetable Veg: Braised Chickpeas W/ Potatoes Halal: Braised Beef W/ Potatoes
	<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 	<ul style="list-style-type: none"> Seasonal Fruits Freshly Baked Cookies 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 - SEPT 18 - 24, 2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Breakfast Muffins Congee Sausage Patty Yogurt Hashbrowns Cereal/Milk 	<ul style="list-style-type: none"> Crumpets Tomatoes Hard-Boiled Egg Breakfast Patty Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Waffle Steamed Buns Frittata Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Potato Pancakes Scrambled Eggs Bacon Yogurt Cheese Cereal/Milk 	<ul style="list-style-type: none"> English Muffins Omelette Cold Cuts Yogurt Cucumber Cereal/Milk 		
	<ul style="list-style-type: none"> Seasonal Fruits 						(Brunch)
LUNCH	<ul style="list-style-type: none"> Nigerian Beef Stew -Amima Tokulah Nigerian Jollof Rice -Amima Tokulah Bruschetta Chicken Grilled Seasonal Vegetable Veg: Perogies & Onion Halal: Nigerian Beef Stew 	<ul style="list-style-type: none"> Chicken Carbonara Jjajangmyeon - Korean Noodles with blackbean sauce Garlic Bread Roasted Garlic Lemon Broccoli Veg: Mac n Cheese W/ Peas Halal: Chicken Carbonara 	<ul style="list-style-type: none"> American Pot Roast Beef Chorizo Tacos Seasoned Rice Cream of Potato Soup Veg: Biber Dolmasi - Food Committee Halal: Beef Chorizo Tacos 	<ul style="list-style-type: none"> Austrian Chicken Schnitzel Kimchi Fried Rice Baked Potatos Grilled Seasonal Vegetable Veg: Blue Ribbon Chili Halal: Austrian Chicken Schnitzel 	<ul style="list-style-type: none"> Curry Potato & Shrimp Wrap BBQ Chicken Black Beans Rice Roasted Seasonal Vegetable Veg: Aloo Gobi Masala Halal: Curry Potato & Shrimp Wrap 	<p>(Brunch)</p> <ul style="list-style-type: none"> Beef Meatloaf Spinach and Potato Frittata Hummus and Pita Cereal/Milk Stir-Fried Seasonal Vegetable Congee Veg: Falafel Halal: Falafel Seasonal Fruits Salad 	<p>(Brunch)</p> <ul style="list-style-type: none"> Creamy Spinach And Sausage Pasta French Toast Southwestern Tofu Scramble Cereal/Milk Steamed Seasonal Vegetable Congee Veg: Southwestern Tofu Scramble Halal: Creamy Spinach and Sausage Pasta Seasonal Fruits Salad
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 						
SALAD BAR	<ul style="list-style-type: none"> Edamame 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"> Tomato Basil Salad Romaine 	<ul style="list-style-type: none"> Coleslaw Iceberg 		
DINNER	<ul style="list-style-type: none"> Bulgarian Beef Stew Chili Pork with Apricot Glaze Rice W/ Raisins Crispy Edamame Congee Veg: Kale Tofu Omelette Halal: Bulgarian Beef Stew 	<ul style="list-style-type: none"> Beef and Broccoli Stir-Fry Brazilian Chicken with Coconut Milk Lemongrass Coconut Rice - Food Committee Steamed Seasonal Vegetables Congee Veg: Thai Paneer W/ Basil Halal: Brazilian Chicken with Coconut Milk 	<ul style="list-style-type: none"> Southern Style Grilled Chicken Wings Seasoned Rice Ginger-Soy Steamed Fish Stir-Fried Seasonal Vegetables Congee Veg: Pizza Quinoa Stuffed Mushrooms Halal: Ginger-Soy Steamed Fish 	<ul style="list-style-type: none"> Coconut Lime Chicken Buttered Pasta Southwestern Garlic-Mustard Grilled Beef Steamed Seasonal Vegetable Congee Veg: Squash Miso Noodle Soup W/ Edamame Halal: Coconut Lime Chicken 	<ul style="list-style-type: none"> Tuna Mac and Cheese Chef's Special Roasted Garlic Cauliflower Congee Veg: Mac and Cheese Halal: Tuna Mac and Cheese 	<ul style="list-style-type: none"> Greek Beef Stifado Greek Yogurt Chicken Greek Style Potatoes Baked Seasonal Vegetables Veg: Broccoli and Mushroom Stir Fry - Food Committee Halal: Greek Beef Stifado 	<ul style="list-style-type: none"> Fried Calamari Roast Crispy Chicken Garlic Butter Rice Grilled Seasonal Vegetable Veg: Veggie Puff Pastry Halal: Baked Chicken Nuggets
	<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 Brownie Milk 	<ul style="list-style-type: none"> Seasonal Fruits Hot Dogs Milk 	<ul style="list-style-type: none"> Seasonal Fruits Rice Krispy Square Milk 	<ul style="list-style-type: none"> Seasonal Fruits Freshly Baked Cookies Milk 			