



## BRONTE COLLEGE WEEKLY MENU (WEEK 3 - OCT 16 - 22, 2017)

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



## BRONTE COLLEGE WEEKLY MENU (WEEK 2 - OCT 9 - 15, 2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<p><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Hard-Boiled Egg</li> <li>Cold Cuts</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Bagel</li> <li>Cucumber</li> <li>Breakfast Patty</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Steamed Buns</li> <li>Hashbrowns</li> <li>Frittata</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Tomatoes</li> <li>Bacon</li> <li>Scrambled Eggs</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Waffles</li> <li>Omelette</li> <li>Sausage</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>		
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Yogurt</li> <li>Cereal/Milk</li> <li>Sweet Potato Congee</li> <li>Hungarian Beef Goulash</li> <li>Baked Pork Chops</li> <li>Mushroom Rice</li> <li>Butter Pasta</li> <li>Baked Seasonal Vegetable</li> <li><b>Veg:</b> Tomato &amp; Asparagus Carbonara</li> <li><b>Halal:</b> Hungarian Beef Goulash</li> </ul>	<ul style="list-style-type: none"> <li>Roast Herbed Chicken</li> <li>Herbed Pasta</li> <li>Honey Roasted Pork</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Smoky White Bean Shakshuka</li> <li><b>Halal:</b> Roast Herbed Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Seafood Chowder &amp; Dinner Roll</li> <li>Nigerian Peppered Chicken &amp; Coconut Rice - Food Committee</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Artichoke Spinach Lasagna - Food Committee</li> <li><b>Halal:</b> Nigerian Peppered Chicken &amp; Coconut Rice - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Marsala Chicken</li> <li>Basmati W/ Green Peas Rice</li> <li>Bi Bim Bap - Korean Mixed Rice</li> <li>Maple Dill Carrots</li> <li><b>Veg:</b> Bi Bim Bap - Korean Mixed Rice</li> <li><b>Halal:</b> Marsala Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Fish &amp; Chips</li> <li>Vietnamese Meatball Bauette</li> <li>French Fries</li> <li>Cumin Lime Coleslaw</li> <li><b>Veg:</b> Chickpea Polenta Burger</li> <li><b>Halal:</b> Fish &amp; Chips</li> </ul>	<p><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Baked Chicken Cordon Bleu - Food Committee</li> <li>Macaroni Soup With Ham - Food Committee</li> <li>Ciabatta</li> <li>Turkish Menemen</li> <li>Cereal/Milk</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Onion and White Bean Bake</li> <li><b>Halal:</b> Chicken &amp; Waffles</li> <li>Seasonal Fruits</li> <li>Salad</li> </ul>	<p><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Spinach &amp; Bacon Quiche</li> <li>Guadeloupe Chicken</li> <li>Cinnamon French Toast</li> <li>Yogurt</li> <li>Cereal/Milk</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Omlette Rice</li> <li><b>Halal:</b> Guadeloupe Chicken</li> <li>Seasonal Fruits</li> <li>Salad</li> </ul>
<b>SALAD BAR</b>	<ul style="list-style-type: none"> <li>Corn Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Bean Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Potato Salad</li> <li>Mixed Greens</li> </ul>	<ul style="list-style-type: none"> <li>Tomato Basil Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Iceberg</li> </ul>		
<b>DINNER</b>	<p><b>Thanksgiving Dinner</b></p> <ul style="list-style-type: none"> <li>Roast Turkey</li> <li>Roast Beef</li> <li>BBQ Spare Ribs</li> <li>Pizza</li> <li>Potato Wedges</li> <li><b>Veg:</b> Hawaiian Luau Barbecued Gluten</li> <li><b>Halal:</b> Roast Beef</li> </ul>	<ul style="list-style-type: none"> <li>Indian Butter Chicken</li> <li>Mediterranean Chicken Pasta</li> <li>Roti</li> <li>Pizza</li> <li>Curry Roasted Carrots</li> <li><b>Veg:</b> West Indian Curry</li> <li><b>Halal:</b> Indian Butter Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Mapo Tofu</li> <li>Dinner Roll</li> <li>Thai Tom Yum Chicken</li> <li>Pizza</li> <li>Charred Green Beans</li> <li><b>Veg:</b> Mapo Tofu</li> <li><b>Halal:</b> Thai Tom Yum Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Bavarian Pork Stew</li> <li>Spanish Spiced Rubbed Chicken</li> <li>Carrot Rice</li> <li>Pizza</li> <li>Southern Fried Cabbage</li> <li><b>Veg:</b> Mushroom Omelette Rice</li> <li><b>Halal:</b> Spanish Spiced Rubbed Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Chef's Special</li> <li>Sushi</li> <li>Seaweed Salad</li> <li>Edamame</li> <li><b>Veg:</b> Sushi</li> <li><b>Halal:</b> Sushi</li> </ul>	<ul style="list-style-type: none"> <li>Spanish Chicken &amp; Potato Roast</li> <li>Filipino Beef Salpicao</li> <li>Garlic Cilantro Lime Rice</li> <li>Baked Seasonal Vegetables</li> <li><b>Veg:</b> Spicy Potato Curry</li> <li><b>Halal:</b> Spanish Chicken &amp; Potato Roast</li> </ul>	<ul style="list-style-type: none"> <li>Sesame Beef</li> <li>Creamy Seafood Baked</li> <li>Fried Rice W/ Eggs</li> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Cheese and Spinach Pizza</li> <li><b>Halal:</b> Sesame Beef</li> </ul>
<b>SNACK</b>		<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Assorted Cookies</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Rice Crispy</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Hotdog</li> <li>Milk</li> </ul>			

- 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