



## BRONTE COLLEGE WEEKLY MENU (WEEK 4 - NOV 20 - 26, 2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Sausage Patty</li> <li>Yogurt</li> <li>Tomatoes</li> <li>Sweet Potato Congee</li> <li>Chinese Donut</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Bagel</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>Cold Cuts</li> <li>Steamed Buns</li> <li>Frittata</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Scrambled Eggs</li> <li>Bacon</li> <li>Yogurt</li> <li>Cucumbers</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Rasin Bread</li> <li>Omelette</li> <li>Sausage</li> <li>Hashbrowns</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<b>(Brunch)</b>	<b>(Brunch)</b>
	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> </ul>						
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Thai Fried Pork W/ Basil</li> <li>Paleo Greek Chicken</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Persian Kotlet - Food Committee</li> <li><b>Halal:</b> Paleo Greek Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Ravioli W/ Meat Sauce</li> <li>Beef Fried Rice</li> <li>Parsley Rice</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Ravioli W/ Roasted Vegetables</li> <li><b>Halal:</b> Beef Fried Rice</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Enchiladas</li> <li>Mexican Cream Corn</li> <li>Vietnamese Lemongrass Beef</li> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Black Bean and Cheese Enchiladas</li> <li><b>Halal:</b> Vietnamese Lemongrass Beef</li> </ul>	<ul style="list-style-type: none"> <li>Hungarian Chicken Paprikas</li> <li>Buttered Egg Noodles</li> <li>Sweet Mustard Glazed Pork Roast</li> <li>Seasoned Rice</li> <li><b>Veg:</b> Pasta W/ Sun-Dried Tomatoes, Olives &amp; Lemon</li> <li><b>Halal:</b> Hungarian Chicken Paprikas</li> </ul>	<ul style="list-style-type: none"> <li>Salmon W/ Lemon, Capers &amp; Rosemary</li> <li>Nikujaga (Beef &amp; Potato Stew) - Food Committee</li> <li>Sesame Lime Rice</li> <li>Creamed Spinach</li> <li><b>Veg:</b> Potato Stew - Food Committee</li> <li><b>Halal:</b> Nikujaga (Beef &amp; Potato Stew) - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Smoked Salmon Eggs Benedict</li> <li>Moussaka</li> <li>Cheese Ham Pie</li> <li>Yogurt</li> <li>Cereal/Milk</li> <li>Stir-Fried Seasonal Vegetable</li> <li>Congee</li> <li><b>Veg:</b> Eggs &amp; Tomato Benedict</li> <li><b>Halal:</b> Smoked Salmon Eggs Benedict</li> <li>Seasonal Fruits</li> <li>Salad</li> </ul>	<ul style="list-style-type: none"> <li>Keema - Indian Spiced Beef</li> <li>Skillet Potatoes &amp; Green Beans</li> <li>English Muffin</li> <li>Sausage &amp; Egg Casserole</li> <li>Warm Corn &amp; Avocado Salad</li> <li>Cereal/Milk</li> <li>Moroccan Spicy Carrot Salad</li> <li>Congee</li> <li><b>Veg:</b> Warm Corn &amp; Avocado Salad</li> <li><b>Halal:</b> Keema - Indian Spiced Beef</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>Corn 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>Greek Garbanzo Bean 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>Caribbean Chicken Fricassee</li> <li>English Fish Pie</li> <li>Scallops Florentine</li> <li>Pizza</li> <li>Steamed Seasonal Vegetables</li> <li>Congee</li> <li><b>Veg:</b> Pasta Florentine</li> <li><b>Halal:</b> English Fish Pie</li> </ul>	<ul style="list-style-type: none"> <li>Nigerian Chicken Fried Rice - Food Committee</li> <li>Honey Balsamic Ham</li> <li>Dinner Roll</li> <li>Pizza</li> <li>Ethiopian Stir Fry Cabbage</li> <li>Congee</li> <li><b>Veg:</b> Aloo Gobi Masala</li> <li><b>Halal:</b> Nigerian Chicken Fried Rice - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Maple-Glazed Pork Spare Ribs</li> <li>Brazilian White Rice</li> <li>Garlic Shrimp - Food Committee</li> <li>Pizza</li> <li>Stir-Fried Seasonal Vegetables</li> <li>Congee</li> <li><b>Veg:</b> Spanish Tofu W/ Lentils</li> <li><b>Halal:</b> Garlic Shrimp - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Picadillo Cubano</li> <li>Cuban Red Beans and Rice</li> <li>Filipino Adobo Chicken With Ginger</li> <li>Pizza</li> <li>Spicy Indian Green Beans</li> <li>Congee</li> <li><b>Veg:</b> Cauliflower, Egg &amp; Potato Curry</li> <li><b>Halal:</b> Beef Satay</li> </ul>	<ul style="list-style-type: none"> <li>Chef's Special</li> <li>Sushi</li> <li>Mashed Potatoes</li> <li>Pizza</li> <li>Grilled Seasonal Vegetable</li> <li>Congee</li> <li><b>Veg:</b> Sushi</li> <li><b>Halal:</b> Sushi</li> </ul>	<ul style="list-style-type: none"> <li>Greek Marinated Grilled Chicken</li> <li>Pot Roast - Food Committee</li> <li>Steamed Potatoes</li> <li>Baked Seasonal Vegetables</li> <li><b>Veg:</b> Grilled Greek Vegetables Wrap</li> <li><b>Halal:</b> Greek Marinated Grilled Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Braised Beef W/ Potatoes</li> <li>Paprika Chicken &amp; Spinach</li> <li>Onion Rice</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Braised Chickpeas W/ Potatoes</li> <li><b>Halal:</b> Braised Beef W/ Potatoes</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>Asian Bun</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Brownie</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Banana Cookies - Food Committee</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Freshly Baked Cookies</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



## BRONTE COLLEGE WEEKLY MENU (WEEK 3 - NOV 13 - 19, 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>(Brunch)</b>
<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 Potatoes</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>	<p><b>(Brunch)</b></p> <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>	<p><b>(Brunch)</b></p> <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>	<ul style="list-style-type: none"> <li>• Coconut Lime Chicken</li> <li>• Buttered Pasta</li> <li>• Southwestern Garlic-Mustard Grilled Beef</li> <li>• Steamed Seasonal Vegetable</li> <li>• Congee</li> <li>• Veg: Squash Miso Noodle Soup W/ Edamame</li> <li>• Halal: Coconut Lime Chicken</li> </ul>	<p><b>Global Cuisine</b></p> <ul style="list-style-type: none"> <li>• Ponzu Beef Donburi - Food Committee</li> <li>• Brazilian Fish Stew - Food Committee</li> <li>• Feijoada - Brazilian Black Bean Stew - Food Committee</li> <li>• Congee</li> <li>• Dessert</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>• Freshly Baked Cookies</li> <li>• Milk</li> </ul>			