



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - JAN 22 - 28, 2018)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Sausage Patty Hard Boiled Eggs Tomatoes Yogurt Congee 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 Congee 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"> Pasta W/ Sausages, Tomatoes and Cream Bourbon Chicken Steamed Seasonal Vegetable Veg: Mexican Rice Salad Halal: Bourbon Chicken 	<ul style="list-style-type: none"> Hayashi Rice - Japanese Beef Chicken Tikka Masala - Ayub (HR) Baked Seasonal Vegetable Veg: Chickpeas Tikka Masala - Ayub (HR) Halal: Chicken Tikka Masala - Ayub (HR) 	<ul style="list-style-type: none"> Thai Coconut Curry Shrimp Noodle Bowl Chicken Burger Onion Rings Grilled Seasonal Vegetable Veg: Thai Coconut Curry Tofu Noodle Bowl Halal: Thai Coconut Curry Shrimp Noodle Bowl 	<ul style="list-style-type: none"> Spaghetti and Meatballs - Food Committee Garlic Bread Pan-Fried Tofu W/ Minced Meat Steamed Seasonal Vegetables Veg: Spaghetti and vegballs - Food Committee Halal: Spaghetti and Meatballs - Food Committee 	<ul style="list-style-type: none"> Brazilian Fish Stew (Moqueca Baiana) - Food Committee French Fries Creamy Chicken Fajita Pasta - Food Committee Moroccan Rice Pilaf Cream Peas Veg: Brazillian Stew - Food Committee Halal: Brazillian Fish Stew (Moqueca Baiana) - Food Committee 	<ul style="list-style-type: none"> Middle Eastern Chicken and Rice Roasted Sweet Potatoes - Food Committee 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 Breakfast Egg Muffins 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 Beef Stew - Food Committee Naan Stir-Fried Seasonal Vegetables Veg: Mushroom Paella Noodle Halal: Beef Stew - Food Committee 	<ul style="list-style-type: none"> Spicy Pork & Chili-Pepper Goulash Indonesian Fried Chicken Oven-Baked Potato Wedges Steamed Seasonal Vegetables Veg: Crunchy Parmesan Cutlet Halal: Indonesian Fried Chicken 	<ul style="list-style-type: none"> Nigerian Beef Suya Nigerian Jollof Rice - Food Committee African Cumin Chicken Stir-Fried Seasonal Vegetables Veg: Extreme Vegetables With Jollof Rice Halal: Nigerian Beef Suya 	<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: Braised Balsamic Chicken 	<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"> Beef and Cabbage Stir Fry - Food Committee Ginger Garlic Rice Pork and Pineapple Fried Rice Stir-Fried Seasonal Vegetable Veg: Tofu and Cabbage Stir Fry - Food Committee Halal: Beef and Cabbage Stir Fry - Food Committee
	<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 Cookie Milk 	<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 - JAN 15 - 21, 2018)

	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 Chicken with Sun-dried Tomato Cream Sauce - Food Committee Grilled Seasonal Vegetable Veg: Persian Kotlet - Food Committee Halal: Chicken with Sun-dried Tomato Cream Sauce - Food Committee 	<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 Spicy Korean BBQ Pork - Food Committee Seasoned Rice Veg: Pasta W/ Sun-Dried Tomatoes, Olives & Lemon Halal: Hungarian Chicken Paprikas 	<ul style="list-style-type: none"> Garlic Salmon with Tomato - Food Committee Nikujaga (Beef & Potato Stew) - Food Committee Sesame Lime Rice Creamed Spinach Veg: Potato Stew - Food Committee Halal: Garlic Salmon with Tomato - Food Committee 	<ul style="list-style-type: none"> Smoked Salmon Eggs Benedict Moussaka Chicken Fried Rice - Food Committee Yogurt Cereal/Milk Stir-Fried Seasonal Vegetable Congee Veg: Eggs & Tomato Benedict Halal: Chicken Fried Rice - Food Committee 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"> Carribbean Chicken Fricassee Steamed Mussels with Garlic & Parsley French Baguette Pizza Steamed Seasonal Vegetables Congee Veg: Pasta Florentine Halal: Carribbean Chicken Fricassee 	<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 			

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 - Dinner: unlimited serving
 - Salad Bar: unlimited self-serving