



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - APR 23 - 29, 2018)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Hard-Boiled Egg Cold Cuts Yogurt Cereal/Milk Sweet Potato Congee 	<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 	(Brunch)	(Brunch)
	<ul style="list-style-type: none"> Seasonal Fruits 						
LUNCH	<ul style="list-style-type: none"> Hungarian Beef Goulash Baked Pork Chops Mushroom Rice Butter Pasta Baked Seasonal Vegetable Veg: Tomato & Asparagus Carbonara Halal: Hungarian Beef Goulash 	<ul style="list-style-type: none"> Crispy Chicken Parmesan Chicken - Food Committee Herbed Pasta Gamjatang - Korean Pork Bone Soup Steamed Seasonal Vegetable Veg: Smoky White Bean Shakshuka Halal: Crispy Chicken Parmesan Chicken - Food Committee 	<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"> Marsala Chicken Basmati W/ Green Peas Rice Bi Bim Bap - Korean Mixed Rice Maple Dill Carrots Veg: Bi Bim Bap - Korean Mixed Rice Halal: Marsala Chicken 	<ul style="list-style-type: none"> Fish & Chips Vietnamese Meatball Bauette French Fries Cumin Lime Coleslaw Veg: Chickpea Polenta Burger Halal: Fish & Chips 	<ul style="list-style-type: none"> Baked Chicken Cordon Bleu - Food Committee Spaghetti with Sausages - Food Committee Ciabatta Turkish Menemen Cereal/Milk Steamed Seasonal Vegetable Veg: Onion and White Bean Bake Halal: Baked Chicken Cordon Bleu - Food Committee Seasonal Fruits Salad 	<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 Baked Tilapia Pizza Pineapple Salsa Veg: Hawaiian Luau Barbecued Gluten Halal: Hawaiian Luau Barbecued Beef 	<ul style="list-style-type: none"> Indian Butter Chicken Mediterranean Chicken Pasta Roti Pizza Curry Roasted Carrots Veg: West Indian Curry Halal: Indian Butter Chicken 	<ul style="list-style-type: none"> Mapo Tofu Dinner Roll Thai Tom Yum Chicken Pizza Charred Green Beans Veg: Mapo Tofu Halal: Thai Tom Yum Chicken 	<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 	<p>Cultural Dinner</p> <ul style="list-style-type: none"> Egyptian Lahma Bil Basal - Food Committee Taiwanese Three Cup Chicken - Food Committee Koshari - Food Committee Edamame Veg: Sushi Halal: Taiwanese Three Cup Chicken - Food Committee 	<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: Sesame Beef
	<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 Assorted Cookies 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 - APR 16 - 22, 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 Burger Onion Rings 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 Tikka Masala - Ayub (HR) 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 			

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