



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

	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 						
LUNCH	<ul style="list-style-type: none"> • Nigerian Beef Stew -Amima Tokulah • Nigerian Jollof Rice -Amima Tokulah • Kung Pao Chicken -May (Marketing) • Grilled Seasonal Vegetable • Veg: Perogies & Onion • Halal: Nigerian Beef Stew 	<ul style="list-style-type: none"> • Chicken Carbonara • Beef and Broccoli Stir-Fry • Herbes with Rice • Roasted Garlic Lemon Broccoli • Veg: Mac n Cheese W/ Peas • Halal: Beef and Broccoli Stir-Fry 	<ul style="list-style-type: none"> • American Pot Roast • Beef Chorizo Tacos • Seasoned Rice • Cream of Potato Soup • Veg: Biber Dolmasi - Food Committee • Halal: American Pot Roast 	<ul style="list-style-type: none"> • Austrian Chicken Schnitzel • Kimchi Fried Rice • Baked Potatoes • Grilled Seasonal Vegetable • Veg: Blue Ribbon Chili • Halal: Austrian Chicken Schnitzel 	<ul style="list-style-type: none"> • Tandoori Fish • Creamy Chicken Fajita Pasta - Food Committee • Buttered Basamati Rice • Roasted Seasonal Vegetable • Veg: Aloo Gobi Masala • Halal: Tandoori Fish 	<p>(Brunch)</p> <ul style="list-style-type: none"> • Golubtsi (Russian Stuffed Pork and Cabbage) - Food Committee • 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 • BLT Pasta Salad • Cereal/Milk • Steamed Seasonal Vegetable • Congee • Veg: Tofu Pasta Salad • 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"> • Maple Bean Salad • Garden Salad 	<ul style="list-style-type: none"> • Macaroni Salad • Mixed Greens 	<ul style="list-style-type: none"> • Ginger Sesame Cabbage Salad • Romaine 	<ul style="list-style-type: none"> • Cauliflower Potato Salad • 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"> • Greek Roast Lamb • Brazilian Chicken with Coconut Milk • Greek-Style Lemon Roasted Potatoes • Steamed Seasonal Vegetables • Congee • Veg: Indian Aloo (Potatoes) - Ayub (HR) • Halal: Greek Roast Lamb 	<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"> • Doro Wat (Ethiopian Chicken Stew) - Food Committee • Lemongrass Coconut Rice - Food Committee • Southwestern Garlic-Mustard Grilled Beef • Steamed Seasonal Vegetable • Congee • Veg: Squash Miso Noodle Soup W/ Edamame • Halal: Doro Wat (Ethiopian Chicken Stew) - Food Committee 	<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



BRONTE COLLEGE WEEKLY MENU (WEEK 3 - JUL 16 - 22, 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 		
	<ul style="list-style-type: none"> Seasonal Fruits 						(Brunch)
LUNCH	<ul style="list-style-type: none"> Hungarian Beef Goulash Mustard Cream Sauce Pork Chop Mushroom Rice Baked Seasonal Vegetable Veg: Tomato & Asparagus Carbonara Halal: Hungarian Beef Goulash 	<ul style="list-style-type: none"> Crispy Chicken Parmesan Chicken - Food Committee Butter Pasta Beef Stew Steamed Seasonal Vegetable Veg: Smoky White Bean Shakshuka Halal: Crispy Chicken Parmesan Chicken - Food Committee 	<ul style="list-style-type: none"> Baked Fish with Lemon Cream Sauce Nigerian Peppered Chicken - Food Committee Coconut Rice Grilled Seasonal Vegetable Veg: Artichoke Spinach Lasagna - Food Committee Halal: Baked Fish with Lemon Cream Sauce 	<ul style="list-style-type: none"> BBQ Thai Chicken Garlic Sesame Rice Noodles Bi Bim Bap - Korean Mixed Rice Maple Dill Carrots Veg: Bi Bim Bap - Korean Mixed Rice Halal: BBQ Thai 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"> Peas and Carrots Salad Romaine 	<ul style="list-style-type: none"> Cucumber Salad Garden Salad 	<ul style="list-style-type: none"> 3 Bean Salad Mixed Greens 	<ul style="list-style-type: none"> Ranch Corn Salad Romaine 	<ul style="list-style-type: none"> Creamy Pasta Salad 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 Labanese Beef Kafta Roti Pizza Curry Roasted Carrots Veg: West Indian Curry Halal: Labanese Beef Kafta 	<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 	<ul style="list-style-type: none"> Chef's Special Sushi Seaweed Salad Edamame Veg: Sushi Halal: Sushi 	<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 Crispy Shrimp Pasta Fried Rice W/ Eggs Stir-Fried Seasonal Vegetable Veg: Crispy Tofu Pasta Halal: Crispy Shrimp Pasta
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 						<ul style="list-style-type: none"> Seasonal Fruits & Salad

- 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