



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - NOV 19 - 25, 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 Jasmine Rice Greek Isle Chicken Grilled Seasonal Vegetable Veg: Persian Kotlet - Food Committee Halal: Homemade Chicken Noodle Soup 	<ul style="list-style-type: none"> Balsamic Roasted Chicken Beef Fried Rice Mashed Potatoes Steamed Seasonal Vegetable Veg: Balsamic Roasted Tofu with Vegetables Halal: Beef Fried Rice 	<ul style="list-style-type: none"> Seafood Spaghetti Casserole Mexican Cream Corn French Dip Sandwich Stir-Fried Seasonal Vegetable Veg: Black Bean and Cheese Enchiladas Halal: Corned Beef Sandwich 	<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"> Chicken Enchiladas Vietnamese Lemon Grass Beef & Noodle Creamed Spinach Veg: Potato Stew - Food Committee Halal: Garlic Salmon with Tomato - Food Committee 	<ul style="list-style-type: none"> Smoked Salmon Eggs Benedict Lamb W/ Peppered Mushrooms Chicken Fried Rice - Food Committee Yogurt Cereal/Milk Stir-Fried Seasonal Vegetable Congee Veg: Eggs & Tomato Benedict Halal: Spicy Lamb Stuffed Peppers - 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 and Black-Eye Pea Salad Romaine 	<ul style="list-style-type: none"> Greek Salad Garden Salad 	<ul style="list-style-type: none"> Mixed Beans Salad Mixed Greens 	<ul style="list-style-type: none"> Dill Cucumber Salad Romaine 	<ul style="list-style-type: none"> Chickpea Salad Iceberg 		
DINNER	<ul style="list-style-type: none"> Caribbean Chicken Fricassee Linguine W/ Clam Sauce French Baguette Pizza Steamed Seasonal Vegetables Congee Veg: Caribbean Vegetarian Fricassee Halal: Miso Glazed Fish 	<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"> Tuscan Garlic Chicken Pot Roast - Food Committee Steamed Potatoes Baked Seasonal Vegetables Veg: Tuscan Garlic Beans and Vegetables Wrap Halal: Tuscan Garlic 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 			

- 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 12 - 18, 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 • Crispy Orange Beef • 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 • 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"> • Chili Con Carne • 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 • Garlic Bread • Mussels W/ Tomato and Garlic • 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"> • Seafood Lasagna • 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
SNACK	<ul style="list-style-type: none"> • Seasonal Fruits • Brownie • Milk 	<ul style="list-style-type: none"> • Seasonal Fruits • Hot Dogs • Milk 	<ul style="list-style-type: none"> • Seasonal Fruits • Rice Krispy Square • Milk 	<ul style="list-style-type: none"> • Seasonal Fruits • Freshly Baked Cookies • Milk 			

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 - Breakfast: unlimited whole wheat toast, 2% milk, & assorted juices provided daily.
 - Dinner: unlimited serving
 - Salad Bar: unlimited self-serving