



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - MAY 23 - 29, 2022)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	(Brunch) <ul style="list-style-type: none"> Assorted Muffins Hard-Boiled Egg 	<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 					
LUNCH	<ul style="list-style-type: none"> Cold Cuts Yogurt Cereal/Milk Sweet Potato Congee Greek Moussaka Grilled Asian Ginger Pork Chops Tortilla Baked Seasonal Vegetable Veg: Greek Moussaka Halal: Greek Moussaka 	<ul style="list-style-type: none"> Southwest Turkey Mac n Cheese Butter Pasta Gamjatang - Korean Pork Bone Soup Steamed Seasonal Vegetable Veg: Smoky White Bean Shakshuka Halal: Southwest Turkey Mac n Cheese 	<ul style="list-style-type: none"> Moqueca Baiana - Brazilian Fish Stew Nigerian Peppered Chicken - Food Committee Coconut Rice Grilled Seasonal Vegetable Veg: Artichoke Spinach Lasagna - Food Committee Halal: Moqueca Baiana - Brazilian Fish Stew 	<ul style="list-style-type: none"> Ravioli W/ Mushroom Sauce Bay Leaf Rice Bi Bim Bap - Korean Mixed Rice Maple Dill Carrots Veg: Bi Bim Bap - Korean Mixed Rice Halal: Ravioli W/ Mushroom Sauce 	<ul style="list-style-type: none"> Fish & Chips Butter Milk Chicken French Fries Cumin Lime Coleslaw Veg: Thai'd Up Quesadilla - Food Committee Halal: Butter Milk Chicken 	(Brunch) <ul style="list-style-type: none"> Crispy Lemon Chicken Spaghetti with Sausages - Food Committee Turkish Menemen Steamed Seasonal Vegetable Veg: Onion and White Bean Bake Halal: Baked Chicken Cordon Bleu - Food Committee Seasonal Fruits Salad 	(Brunch) <ul style="list-style-type: none"> Spinach Quiche Paella Noodles 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"> Bacon Potato Salad Romaine 	<ul style="list-style-type: none"> Kimchi Salad Garden Salad 	<ul style="list-style-type: none"> Coleslaw Mixed Greens 	<ul style="list-style-type: none"> Hawaiian Macaroni Salad Romaine 	<ul style="list-style-type: none"> Tomato and Cucumber Salad Iceberg 		
DINNER	<ul style="list-style-type: none"> Meatloaf Lemon Thyme Rice Turkish Fish Stew Pizza Pineapple Salsa Veg: Hawaiian Luau Barbecued Gluten Halal: Turkish Fish Stew 	<ul style="list-style-type: none"> Indian Butter Chicken Braised Beef Roti Pizza Indian Spiced Cauliflower Veg: Indian Butter Paneer Halal: Indian Butter Chicken 	<ul style="list-style-type: none"> Mapo Tofu Dinner Roll Chicken Carbonara Pizza Charred Green Beans Veg: Mapo Tofu Halal: Thai Tom Yum Chicken 	<ul style="list-style-type: none"> Caribbean Beef Stew Spanish Spiced Rubbed Chicken Carrot Rice Pizza Southern Fried Cabbage Veg: Steam Egg W/ Mushroom 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"> Mexican Pork in Tomatillo Sauce 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"> Moroccon Lentils Stew with Lamb Crispy Shrimp Pasta Rice with Lentils Stir-Fried Seasonal Vegetable Veg: Moroccon Lentils Stew Halal: Crispy Shrimp Pasta
		<ul style="list-style-type: none"> Seasonal Fruits & Salad 					
	Snack (8:30pm - 9:00pm)						

- 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 - MAY 16 - 22, 2022)

	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 with Clams Malaysian Fried Chicken Mashed Potatoes Steamed Seasonal Vegetable Veg: Mexican Rice Salad Halal: Malaysian Fried Chicken 	<ul style="list-style-type: none"> Chicken Fingers Crispy Parmesan Chicken - Food Committee Onion Rings Grilled Seasonal Vegetable Veg: Tofu and Basil Calzones Halal: Crispy Parmesan Chicken - Food Committee 	<ul style="list-style-type: none"> Hawaiian Loco Moco (Beef) Tteokbokki (Korean Rice Cake) - Food Committee Baked Seasonal Vegetable Veg: Tteokbokki (Korean Rice Cake) - Food Committee Halal: Tteokbokki (Korean Rice Cake) - Food Committee 	<ul style="list-style-type: none"> Spaghetti and Meatballs - Food Committee Sweet Potato Wedges Zesty Pulled Pork Sandwiches Steamed Seasonal Vegetables Veg: Zesty Vegetarian Sandwiches Halal: Spaghetti and Meatballs - Food Committee 	<ul style="list-style-type: none"> Steamed Tofu with Shrimp Pabellon Criollo - Venezuela Beef and Rice Tortilla wraps Turkish Hummus Veg: Steamed Tofu Halal: Steamed Tofu with Shrimp 	<ul style="list-style-type: none"> Black Bean W/ Tortilla Bake Breakfast Egg Muffins Club Sandwiches - Food Committee Yogurt Cereal/Milk Grilled Seasonal Vegetable Congee Veg: Club Sandwiches - Food Committee Halal: Club Sandwiches - Food Committee Seasonal Fruits Salad 	
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 						
SALAD BAR	<ul style="list-style-type: none"> Bacon Potato Salad Romaine 	<ul style="list-style-type: none"> Kimchi Salad Garden Salad 	<ul style="list-style-type: none"> Coleslaw Mixed Greens 	<ul style="list-style-type: none"> Hawaiian Macaroni Salad Romaine 	<ul style="list-style-type: none"> Tomato and Cucumber Salad Iceberg 		
DINNER	<ul style="list-style-type: none"> Fish Pie 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 Peruvian Grilled Chicken Oven-Baked Potato Wedges Steamed Seasonal Vegetables Veg: Crunchy Parmesan Cutlet Halal: Peruvian Grilled Chicken 	<ul style="list-style-type: none"> Nigerian Beef Suya Nigerian Jollof Rice - Food Committee Baked Fish - Food Committee Stir-Fried Seasonal Vegetables Veg: Extreme Vegetables With Jollof Rice Halal: Baked Fish - Food Committee 	<ul style="list-style-type: none"> Malaysian Beef W/ Spicy Sauce Dinner Roll Sauerkraut Chicken Casseole with Mushrooms Herbed Pasta Steamed Seasonal Vegetable Veg: Kotlet - Food Committee Halal: Chicken Casseole with Mushrooms 	<p>International Cuisine Dinner (Italy)</p> <ul style="list-style-type: none"> Chicken Parmesan Spicy Unstuffed Pasta Shells Brushetta Garlic Baked Potato Wedges Veg: Pasta and Bruschetta Halal: Chicken Parmesan and Pasta 	<ul style="list-style-type: none"> Indonesian Meatballs Korean Beef Bulgogi Pineapple Cilantro Rice Baked Seasonal Vegetables Veg: Cuban Black Bean Patties with Pineapple Cilantro Rice Halal: Indonesian Meatballs 	
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 						<ul style="list-style-type: none"> Seasonal Fruits & Salad
	<p>Snack (8:30pm - 9:00pm)</p>						

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