



## BRONTE COLLEGE WEEKLY MENU (WEEK 2 - AUGUST 8 - 14, 2022)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Sausage Patty</li> <li>Hard Boiled Eggs</li> <li>Tomatoes</li> <li>Yogurt</li> <li>Congee</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Bagel</li> <li>Cold Cuts</li> <li>Harsh Brown</li> <li>Cucumber</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Waffles</li> <li>Steamed Buns</li> <li>Yogurt</li> <li>Frittata</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread</li> <li>Hash Brown</li> <li>Bacon</li> <li>Celery Sticks</li> <li>Yogurt</li> <li>Congee</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>English Muffins</li> <li>Omelette</li> <li>Sausage</li> <li>Cheese</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<b>(Brunch)</b>	<b>(Brunch)</b>
	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> </ul>						
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Pasta with Clams</li> <li>Malaysian Fried Chicken</li> <li>Mashed Potatoes</li> <li>Steamed Seasonal Vegetable</li> <li>Veg: Mexican Rice Salad</li> <li>Halal: Malaysian Fried Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Fingers</li> <li>Crispy Parmesan Chicken - Food Committee</li> <li>Onion Rings</li> <li>Grilled Seasonal Vegetable</li> <li>Veg: Tofu and Basil Calzones</li> <li>Halal: Crispy Parmesan Chicken - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Hawaiian Loco Moco (Beef)</li> <li>Tteokbokki (Korean Rice Cake) - Food Committee</li> <li>Baked Seasonal Vegetable</li> <li>Veg: Tteokbokki (Korean Rice Cake) - Food Committee</li> <li>Halal: Tteokbokki (Korean Rice Cake) - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti and Meatballs - Food Committee</li> <li>Sweet Potato Wedges</li> <li>Zesty Pulled Pork Sandwiches</li> <li>Steamed Seasonal Vegetables</li> <li>Veg: Zesty Vegetarian Sandwiches</li> <li>Halal: Spaghetti and Meatballs - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Steamed Tofu with Shrimp</li> <li>Pabellon Criollo - Venezuela Beef and Rice</li> <li>Tortilla wraps</li> <li>Turkish Hummus</li> <li>Veg: Steamed Tofu</li> <li>Halal: Steamed Tofu with Shrimp</li> </ul>	<ul style="list-style-type: none"> <li>Black Bean W/ Tortilla Bake</li> <li>Breakfast Egg Muffins</li> <li>Club Sandwiches - Food Committee</li> <li>Yogurt</li> <li>Cereal/Milk</li> <li>Grilled Seasonal Vegetable</li> <li>Congee</li> <li>Veg: Club Sandwiches - Food Committee</li> <li>Halal: Club Sandwiches - Food Committee</li> <li>Seasonal Fruits</li> <li>Salad</li> </ul>	
	<ul style="list-style-type: none"> <li>Seasonal Fruits &amp; Salad</li> </ul>						
<b>SALAD BAR</b>	<ul style="list-style-type: none"> <li>Bacon Potato Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Kimchi Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Mixed Greens</li> </ul>	<ul style="list-style-type: none"> <li>Hawaiian Macaroni Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Tomato and Cucumber Salad</li> <li>Iceberg</li> </ul>		
<b>DINNER</b>	<ul style="list-style-type: none"> <li>Fish Pie</li> <li>Beef Stew - Food Committee</li> <li>Naan</li> <li>Stir-Fried Seasonal Vegetables</li> <li>Veg: Mushroom Paella Noodle</li> <li>Halal: Beef Stew - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Spicy Pork &amp; Chili-Pepper Goulash</li> <li>Peruvian Grilled Chicken</li> <li>Oven-Baked Potato Wedges</li> <li>Steamed Seasonal Vegetables</li> <li>Veg: Crunchy Parmesan Cutlet</li> <li>Halal: Peruvian Grilled Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Nigerian Beef Suya</li> <li>Nigerian Jollof Rice - Food Committee</li> <li>Baked Fish - Food Committee</li> <li>Stir-Fried Seasonal Vegetables</li> <li>Veg: Extreme Vegetables With Jollof Rice</li> <li>Halal: Baked Fish - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Malaysian Beef W/ Spicy Sauce</li> <li>Dinner Roll</li> <li>Sauerkraut</li> <li>Chicken Casseole with Mushrooms</li> <li>Herbed Pasta</li> <li>Steamed Seasonal Vegetable</li> <li>Veg: Kotlet - Food Committee</li> <li>Halal: Chicken Casseole with Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>Chef's Special</li> <li>Cheesy Mushroom and Broccoli Casserole</li> <li>Steamed Seasonal Vegetable</li> <li>Veg: English Pie</li> <li>Halal: English Fish Pie</li> </ul>	<ul style="list-style-type: none"> <li>Indonesian Meatballs</li> <li>Korean Beef Bulgogi</li> <li>Pineapple Cilantro Rice</li> <li>Baked Seasonal Vegetables</li> <li>Veg: Cuban Black Bean Patties with Pineapple Cilantro Rice</li> <li>Halal: Indonesian Meatballs</li> </ul>	
	<ul style="list-style-type: none"> <li>Seasonal Fruits &amp; Salad</li> </ul>						<ul style="list-style-type: none"> <li>Seasonal Fruits &amp; Salad</li> </ul>
	<b>Snack (8:30pm - 9:00pm)</b>						

- 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 1 - AUGUST 1 - 7, 2022)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Breakfast Muffins</li> <li>• Congee</li> <li>• Sausage Patty</li> <li>• Yogurt</li> <li>• Hashbrowns</li> <li>• Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Crumpets</li> <li>• Tomatoes</li> <li>• Hard-Boiled Egg</li> <li>• Breakfast Patty</li> <li>• Yogurt</li> <li>• Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Waffle</li> <li>• Steamed Buns</li> <li>• Frittata</li> <li>• Yogurt</li> <li>• Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Potato Pancakes</li> <li>• Scrambled Eggs</li> <li>• Bacon</li> <li>• Yogurt</li> <li>• Cheese</li> <li>• Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>• English Muffins</li> <li>• Omelette</li> <li>• Cold Cuts</li> <li>• Yogurt</li> <li>• Cucumber</li> <li>• Cereal/Milk</li> </ul>		
	<ul style="list-style-type: none"> <li>• Seasonal Fruits</li> </ul>						<b>(Brunch)</b>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Nigerian Beef Stew -Amima Tokulah</li> <li>• Nigerian Jollof Rice -Amima Tokulah</li> <li>• Genral Tso's Chicken</li> <li>• Grilled Seasonal Vegetable</li> <li>• <b>Veg:</b> Biber Dolmasi - Food Committee</li> <li>• <b>Halal:</b> Genral Tso's Chicken</li> </ul>	<ul style="list-style-type: none"> <li>• Deb's Scallops Florentine</li> <li>• Crispy Orange Beef</li> <li>• Herbs with Rice</li> <li>• Roasted Garlic Lemon Broccoli</li> <li>• <b>Veg:</b> Mac n Cheese W/ Peas</li> <li>• <b>Halal:</b> Spinach &amp; Seafood Wonderpot</li> </ul>	<ul style="list-style-type: none"> <li>• Szechuan Spicy Eggplant</li> <li>• Beef Chorizo Tacos</li> <li>• Seasoned Rice</li> <li>• <b>Veg:</b> Japanese Ramen Soup</li> <li>• <b>Halal:</b> Japanese Chicken Ramen Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Austrian Chicken Schnitzel</li> <li>• Kimchi Fried Rice</li> <li>• Baked Potatoes</li> <li>• Grilled Seasonal Vegetable</li> <li>• <b>Veg:</b> Blue Ribbon Chili</li> <li>• <b>Halal:</b> Austrian Chicken Schnitzel</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Salmon W/ Garlic &amp; Dijon</li> <li>• Creamy Chicken Fajita Pasta - Food Committee</li> <li>• Bombay Potatoes</li> <li>• Roasted Seasonal Vegetable</li> <li>• <b>Veg:</b> Aloo Gobi Masala</li> <li>• <b>Halal:</b> Tandoori Fish</li> </ul>	<ul style="list-style-type: none"> <li>• Glazed Corned Beef</li> <li>• Spinach and Potato Frittata</li> <li>• Thai Pineapple Fried Rice</li> <li>• Cereal/Milk</li> <li>• Stir-Fried Seasonal Vegetable</li> <li>• Congee</li> <li>• <b>Veg:</b> Thai Pineapple Fried Rice</li> <li>• <b>Halal:</b> Indian Lamb Rogan Josh</li> <li>• Seasonal Fruits</li> <li>• Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken in Basil Cream</li> <li>• French Toast</li> <li>• Hearty Egg Scramble - Food Committee</li> <li>• Cereal/Milk</li> <li>• Steamed Seasonal Vegetable</li> <li>• Congee</li> <li>• <b>Veg:</b> Tortellini Soup with Vegetables - Food Committee</li> <li>• <b>Halal:</b> Tortellini Soup with Sausage - Food Committee</li> <li>• Seasonal Fruits</li> <li>• Salad</li> </ul>
	<ul style="list-style-type: none"> <li>• Seasonal Fruits &amp; Salad</li> </ul>						
<b>SALAD BAR</b>	<ul style="list-style-type: none"> <li>• Edamame Salad</li> <li>• Romaine</li> </ul>	<ul style="list-style-type: none"> <li>• Maple Bean Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber Salad</li> <li>• Mixed Greens</li> </ul>	<ul style="list-style-type: none"> <li>• Ginger Sesame Cabbage Salad</li> <li>• Romaine</li> </ul>	<ul style="list-style-type: none"> <li>• Cauliflower Potato Salad</li> <li>• Iceberg</li> </ul>		
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• Steamed Mussels W/ Garlic</li> <li>• Chili Pork with Apricot Glaze</li> <li>• Mushroom Rice</li> <li>• Crispy Edamame</li> <li>• Congee</li> <li>• <b>Veg:</b> Kale Tofu Omelette</li> <li>• <b>Halal:</b> Japanese Miso-Glazed Fish</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Roast Lamb</li> <li>• Indian Chicken Biryani</li> <li>• Greek-Style Lemon Roasted Potatoes</li> <li>• Steamed Seasonal Vegetables</li> <li>• Congee</li> <li>• <b>Veg:</b> Indian Aloo (Potatoes) - Ayub (HR)</li> <li>• <b>Halal:</b> Greek Roast Lamb</li> </ul>	<ul style="list-style-type: none"> <li>• Southern Style Grilled Chicken Wings</li> <li>• Macaroni Salad</li> <li>• Persian Sabzi Polow Mahi (Herb Rice W/ Fish)</li> <li>• Stir-Fried Seasonal Vegetables</li> <li>• Congee</li> <li>• <b>Veg:</b> Pizza Quinoa Stuffed Mushrooms</li> <li>• <b>Halal:</b> Persian Sabzi Polow Mahi (Herb Rice W/ Fish)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken W/ Sun-Dried Tomato Cream Sauce</li> <li>• Lemongrass Coconut Rice - Food Committee</li> <li>• Southwestern Garlic-Mustard Grilled Beef</li> <li>• Steamed Seasonal Vegetable</li> <li>• Congee</li> <li>• <b>Veg:</b> Squash Miso Noodle Soup W/ Edamame</li> <li>• <b>Halal:</b> Doro Wat (Ethiopian Chicken Stew) - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>• Seafood Lasagna</li> <li>• Chef's Special</li> <li>• Roasted Garlic Cauliflower</li> <li>• Congee</li> <li>• <b>Veg:</b> Moroccan Chickpeas Stew</li> <li>• <b>Halal:</b> Seafood Lasagna</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Beef Stifado</li> <li>• Kenyan Dhania Chicken Curry</li> <li>• Greek Style Potatoes</li> <li>• Baked Seasonal Vegetables</li> <li>• <b>Veg:</b> Broccoli and Mushroom Stir Fry - Food Committee</li> <li>• <b>Halal:</b> Greek Beef Stifado</li> </ul>	<ul style="list-style-type: none"> <li>• Fried Calamari</li> <li>• Cote d'Ivoire - African Kedjenou Chiccken</li> <li>• Garlic Butter Rice</li> <li>• Grilled Seasonal Vegetable</li> <li>• <b>Veg:</b> Veggie Puff Pastry</li> <li>• <b>Halal:</b> Cote d'Ivoire - African Kedjenou Chiccken</li> </ul>
	<ul style="list-style-type: none"> <li>• Seasonal Fruits &amp; Salad</li> </ul>						<ul style="list-style-type: none"> <li>• Seasonal Fruits &amp; Salad</li> </ul>
<p style="text-align: center;"><b>Snack (8:30pm - 9:00pm)</b></p>							

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