



BRONTE

COLLEGE

BRONTE COLLEGE WEEKLY MENU (WEEK 4 - SEPTEMBER 26 - OCTOBER 2, 2022)

	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 						(Brunch)
LUNCH	<ul style="list-style-type: none"> • Nigerian Beef Stew -Amima Tokulah • Nigerian Jollof Rice -Amima Tokulah • Genral Tso's Chicken • Grilled Seasonal Vegetable • Veg: Biber Dolmasi - Food Committee • Halal: Genral Tso's Chicken 	<ul style="list-style-type: none"> • Deb's Scallops Florentine • Crispy Orange Beef • Herbs with Rice • Roasted Garlic Lemon Broccoli • Veg: Mac n Cheese W/ Peas • Halal: Spinach & Seafood Wonderpot 	<ul style="list-style-type: none"> • Szechuan Spicy Eggplant • Beef Chorizo Tacos • Seasoned Rice • Veg: Japanese Ramen Soup • Halal: Japanese Chicken Ramen Soup 	<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"> • Grilled Salmon W/ Garlic & Dijon • Creamy Chicken Fajita Pasta - Food Committee • Bombay Potatoes • Roasted Seasonal Vegetable • Veg: Aloo Gobi Masala • Halal: Tandoori Fish 	<ul style="list-style-type: none"> • Glazed Corned Beef • Spinach and Potato Frittata • Thai Pineapple Fried Rice • Cereal/Milk • Stir-Fried Seasonal Vegetable • Congee • Veg: Thai Pineapple Fried Rice • Halal: Indian Lamb Rogan Josh • Seasonal Fruits • Salad 	<ul style="list-style-type: none"> • Chicken in Basil Cream • French Toast • Hearty Egg Scramble - Food Committee • Cereal/Milk • Steamed Seasonal Vegetable • Congee • Veg: Tortellini Soup with Vegetables - Food Committee • Halal: Tortellini Soup with Sausage - Food Committee • 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"> • Cucumber 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"> • Steamed Mussels W/ Garlic • Chili Pork with Apricot Glaze • Mushroom Rice • Crispy Edamame • Congee • Veg: Kale Tofu Omelette • Halal: Japanese Miso-Glazed Fish 	<ul style="list-style-type: none"> • Greek Roast Lamb • Indian Chicken Biryani • 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 • Macaroni Salad • Persian Sabzi Polow Mahi (Herb Rice W/ Fish) • Stir-Fried Seasonal Vegetables • Congee • Veg: Pizza Quinoa Stuffed Mushrooms • Halal: Persian Sabzi Polow Mahi (Herb Rice W/ Fish) 	<ul style="list-style-type: none"> • Chicken W/ Sun-Dried Tomato Cream Sauce • 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: Moroccan Chickpeas Stew • Halal: Seafood Lasagna 	<ul style="list-style-type: none"> • Greek Beef Stifado • Kenyan Dhania Chicken Curry • 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 • Cote d'Ivoire - African Kedjenou Chiccken • Garlic Butter Rice • Grilled Seasonal Vegetable • Veg: Veggie Puff Pastry • Halal: Cote d'Ivoire - African Kedjenou Chiccken
	<ul style="list-style-type: none"> • Seasonal Fruits & Salad 						<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 - SEPTEMBER 19 - 25, 2022)

	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 		
	<ul style="list-style-type: none"> Seasonal Fruits 						(Brunch)
LUNCH	<ul style="list-style-type: none"> HK Baked Tomato Pork Chop Rice Greek-style Lemon Potatoes Chicken Enchiladas Grilled Seasonal Vegetable Veg: Persian Kotlet - Food Committee Halal: Mexican Beef Soup 	<ul style="list-style-type: none"> Doro Wat - Ethiopian Chicken Stew - Food Committee Macao Garlic Beef Stir Fry Garlic Rice Steamed Seasonal Vegetable Veg: Stew Tofu with Vegetables Halal: Doro Wat - Ethiopian Chicken Stew - Food Committee 	<ul style="list-style-type: none"> Perogies with Bacon and Onions Sweet Potato Fries Beef Cheese Burger Stir-Fried Seasonal Vegetable Veg: Perogies with Onions Halal: Fish Sandwich with Pineapple Slaw 	<ul style="list-style-type: none"> Chipotle Lime Chicken Tacos Spicy Korean BBQ Pork - Food Committee Seasoned Rice Veg: Black Bean and Cheese Enchiladas Halal: Chipotle Lime Chicken Tacos 	<ul style="list-style-type: none"> Indian Shrimp Curry Hungarian Chicken Paprikash Indian Pilau Rice Creamed Spinach Veg: Potato Stew - Food Committee Halal: Indian Shrimp Curry 	<ul style="list-style-type: none"> Smoked Salmon Eggs Benedict White Bean Beef Chili Chicken Fried Rice - Food Committee Yogurt Cereal/Milk Stir-Fried Seasonal Vegetable Congee Veg: Eggs & Tomato Benedict Halal: White Bean Beef Chili Seasonal Fruits Salad 	<ul style="list-style-type: none"> Bacon Jack Chicken Sandwich Creamy Au Gratin Potatoes Sausage & Egg Casserole Cereal/Milk Congee Veg: Warm Corn & Avocado Salad Halal: Bacon Jack Chicken Sandwich 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"> Indonesian Beef Satay Cod Fish Cakes French Baguette Pizza Steamed Seasonal Vegetables Congee Veg: Carribean Vegetarian Fricassee Halal: Seafood Creole 	<ul style="list-style-type: none"> Nigerian Chicken Fried Rice - Food Committee Beef Salpicao Egyptian Spicy Ketchup Potatoes Pizza Ethiopian Stir Fry Cabbage Congee Veg: Aloo Gobi Masala Halal: Nigerian Chicken Fried Rice - Food Committee 	<ul style="list-style-type: none"> Canadian Oven Baked 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"> Maple-Glazed Pork Mushroom Risotto Filipino Adobo Chicken With Ginger Pizza Spicy Indian Green Beans Congee Veg: Mushroom Risotto Halal: Filipino Adobo Chicken With Ginger 	<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"> El Pollo Rico - Peruvian Roast Chicken Beef Lasagna Steamed Potatoes Baked Seasonal Vegetables Veg: Tuscan Garlic Beans and Vegetables Wrap Halal: El Pollo Rico - Peruvian Roast Chicken 	<ul style="list-style-type: none"> Malaysian Beef Rendang 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 (8:30pm - 9:00pm)						

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