



## BRONTE COLLEGE WEEKLY MENU (WEEK 1 - JANUARY 30 - FEBRUARY 5, 2023)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>(Brunch)</b> • Assorted Muffins	<b>(Brunch)</b> • Assorted Bagel • Sunny Side Eggs • Breakfast Patty • Yogurt • Cereal/Milk • Southwest Turkey Mac n Cheese • Butter Pasta • Gamjatang - Korean Pork Bone Soup • Steamed Seasonal Vegetable • <b>Veg:</b> Smoky White Bean Shakshuka • <b>Halal:</b> Southwest Turkey Mac n Cheese	<b>(Brunch)</b> • Steamed Buns • Hashbrowns • Frittata • Yogurt • Cereal/Milk • Moqueca Baiana - Brazilian Fish Stew • Nigerian Peppered Chicken - <b>Food Committee</b> • Coconut Rice • Grilled Seasonal Vegetable • <b>Veg:</b> Artichoke Spinach Lasagna - <b>Food Committee</b> • <b>Halal:</b> Moqueca Baiana - Brazilian Fish Stew	• Pancakes • Bacon • Scrambled Eggs • Yogurt • Cereal/Milk	• Waffles • Omelette • Sausage • Yogurt • Cereal/Milk	<b>(Brunch)</b> • Crispy Lemon Chicken • Spaghetti with Sausages - <b>Food Committee</b> • Turkish Menemen • Steamed Seasonal Vegetable • <b>Veg:</b> Onion and White Bean Bake • <b>Halal:</b> Baked Chicken Cordon Bleu - <b>Food Committee</b> • Seasonal Fruits • Salad	<b>(Brunch)</b> • Spinach Quiche • Paella Noodles • Steamed Seasonal Vegetable • <b>Veg:</b> Omlette Rice • <b>Halal:</b> Guadeloupe Chicken • Seasonal Fruits • Salad
				• Seasonal Fruits	• Seasonal Fruits		
<b>LUNCH</b>	• Hard-Boiled Egg • Cold Cuts • Yogurt • Cereal/Milk • Greek Moussaka • Grilled Asian Ginger Pork Chops • Tortilla • Baked Seasonal Vegetable • <b>Veg:</b> Greek Moussaka • <b>Halal:</b> Greek Moussaka	• Steamed Seasonal Vegetable • <b>Veg:</b> Thai'd Up Quesadilla - <b>Food Committee</b> • <b>Halal:</b> Butter Milk Chicken	• Ravioli W/ Mushroom Sauce • Bay Leaf Rice • Bi Bim Bap - Korean Mixed Rice • Maple Dill Carrots • <b>Veg:</b> Bi Bim Bap - Korean Mixed Rice • <b>Halal:</b> Ravioli W/ Mushroom Sauce	• Fish & Chips • Butter Milk Chicken • French Fries • Cumin Lime Coleslaw • <b>Veg:</b> Thai'd Up Quesadilla - <b>Food Committee</b> • <b>Halal:</b> Butter Milk Chicken	• Seasonal Fruits & Salad		
<b>SALAD BAR</b>	• Bacon Potato Salad • Romaine	• Kimchi Salad • Garden Salad	• Coleslaw • Mixed Greens	• Hawaiian Macaroni Salad • Romaine	• Tomato and Cucumber Salad • Iceberg		
<b>DINNER</b>	• Meatloaf • Lemon Thyme Rice • Turkish Fish Stew • Pizza • Pineapple Salsa • <b>Veg:</b> Hawaiian Luau Barbecued Gluten • <b>Halal:</b> Turkish Fish Stew	• Indian Butter Chicken • Braised Beef • Roti • Pizza • Indian Spiced Cauliflower • <b>Veg:</b> Indian Butter Paneer • <b>Halal:</b> Indian Butter Chicken	• Mapo Tofu • Dinner Roll • Chicken Carbonara • Pizza • Charred Green Beans • <b>Veg:</b> Mapo Tofu • <b>Halal:</b> Thai Tom Yum Chicken	• Caribbean Beef Stew • Spanish Spiced Rubbed Chicken • Carrot Rice • Pizza • Southern Fried Cabbage • <b>Veg:</b> Steam Egg W/ Mushroom • <b>Halal:</b> Spanish Spiced Rubbed Chicken	• Chef's Special • Sushi • Seaweed Salad • Edamame • <b>Veg:</b> Sushi • <b>Halal:</b> Sushi	• Mexican Pork in Tomatillo Sauce • Filipino Beef Salpicao • Garlic Cilantro Lime Rice • Baked Seasonal Vegetables • <b>Veg:</b> Spicy Potato Curry • <b>Halal:</b> Spanish Chicken & Potato Roast	• Moroccan Lentils Stew with Lamb • Crispy Shrimp Pasta • Rice with Lentils • Stir-Fried Seasonal Vegetable • <b>Veg:</b> Moroccan Lentils Stew • <b>Halal:</b> Crispy Shrimp Pasta
						• Seasonal Fruits & Salad	• Seasonal Fruits & Salad
	<b>Snack (9:00pm - 9:30pm)</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 4 - JANUARY 23 - 29, 2023)

	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>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Bagel</li> <li>Cold Cuts</li> <li>Sunny Side Egg</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>Breakfast Patty</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread</li> <li>Bacon</li> <li>Hard-Boiled Egg</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<b>(Brunch)</b>	<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><b>Veg:</b> Mexican Rice Salad</li> <li><b>Halal:</b> 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><b>Veg:</b> Tofu and Basil Calzones</li> <li><b>Halal:</b> 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><b>Veg:</b> Tteokbokki (Korean Rice Cake) - Food Committee</li> <li><b>Halal:</b> 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><b>Veg:</b> Zesty Vegetarian Sandwiches</li> <li><b>Halal:</b> Spaghetti and Meatballs - Food Committee</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> <li>Steamed Tofu with Shrimp</li> <li>Pabellon Criollo - Venezuela Beef and Rice</li> <li>Tortilla wraps</li> <li>Turkish Hummus</li> <li><b>Veg:</b> Steamed Tofu</li> <li><b>Halal:</b> Steamed Tofu with Shrimp</li> </ul>	<ul style="list-style-type: none"> <li>Ham and Cheese Quiche - Food Committee</li> <li>Roasted Sweet Potatoes - Food Committee</li> <li>Waffles</li> <li>French Roast Duck W/ Orange Sauce</li> <li>Blender Hollandaise Sauce</li> <li>Cereal/Milk</li> <li>Steamed Seasonal Vegetable</li> <li>Congee</li> <li><b>Veg:</b> Cheese Quiche - Food Committee</li> <li><b>Halal:</b> Middle Eastern Chicken and Rice</li> <li>Seasonal Fruits</li> <li>Salad</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><b>Veg:</b> Club Sandwiches - Food Committee</li> <li><b>Halal:</b> 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><b>Veg:</b> Mushroom Paella Noodle</li> <li><b>Halal:</b> 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><b>Veg:</b> Crunchy Parmesan Cutlet</li> <li><b>Halal:</b> 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><b>Veg:</b> Extreme Vegetables With Jollof Rice</li> <li><b>Halal:</b> 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><b>Veg:</b> Kotlet - Food Committee</li> <li><b>Halal:</b> 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><b>Veg:</b> English Pie</li> <li><b>Halal:</b> 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><b>Veg:</b> Cuban Black Bean Patties with Pineapple Cilantro Rice</li> <li><b>Halal:</b> Indonesian Meatballs</li> </ul>	<ul style="list-style-type: none"> <li>Beef and Cabbage Stir Fry - Food Committee</li> <li>Egyptian Lentils Rice with Tomatoes</li> <li>Smoky BBQ Ribs</li> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Tofu and Cabbage Stir Fry - Food Committee</li> <li><b>Halal:</b> Beef and Cabbage Stir Fry - Food Committee</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 (9:00pm - 9:30pm)</b></p>							

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 - Salad Bar: unlimited self-serving