



BRONTE COLLEGE WEEKLY MENU (WEEK 5 - MARCH 27 - APRIL 2, 2023)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Hard-Boiled Egg Cold Cuts Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Assorted Bagel Sunny Side Eggs 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 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"> 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 	<p>(Brunch)</p> <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 	<p>(Brunch)</p> <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 						<ul style="list-style-type: none"> Seasonal Fruits & Salad
<p>Snack (9:00pm - 9:30pm)</p>							

- 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 - MARCH 20 - 26, 2023)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	(Brunch)	(Brunch)	(Brunch)	(Brunch)	(Brunch)	(Brunch)	(Brunch)
LUNCH	<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 	<ul style="list-style-type: none"> Chef's Special Cheesy Mushroom and Broccoli Casserole Steamed Seasonal Vegetable Veg: English Pie Halal: English Fish Pie 	<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"> Beef and Cabbage Stir Fry - Food Committee Egyptian Lentils Rice with Tomatoes Smoky BBQ Ribs Stir-Fried Seasonal Vegetable Veg: Tofu and Cabbage Stir Fry - Food Committee Halal: Beef and Cabbage Stir Fry - Food Committee
	<p>Snack (9:00pm - 9:30pm)</p>						

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