

BRONTE COLLEGE WEEKLY MENU (WEEK 3 - MARCH 18 - 24, 2024)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST			(Brunch)	(Brunch)	(Brunch)	(Brunch)	
LUNCH	<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><li>Shrimp &amp; Creamy Chipotle Pasta</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>Assorted Bagel</li><li>Cold Cuts</li><li>Sunny Side Egg</li><li>Yogurt</li><li>Cereal/Milk</li><li>Chicken Fingers</li><li>Harissa Chicken -Mrs. Mpigi</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>Waffles</li><li>Steamed Buns</li><li>Yogurt</li><li>Frittata</li><li>Breakfast Patty</li><li>Cereal/Milk</li><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>Banana Bread</li><li>Bacon</li><li>Hard-Boiled Egg</li><li>Yogurt</li><li>Cereal/Milk</li><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>Nigerian Beef Stew - Student Survey</li><li>Tortilla wraps</li><li>Turkish Hummus</li><li><b>Veg:</b> Steamed Tofu</li><li><b>Halal:</b> Nigerian Beef Stew - Student Survey</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>(Brunch)</li><li>Tomato &amp; Egg - Student Survey</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>
	Seasonal Fruits & Salad						
	SALAD BAR	<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>	
DINNER	<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>Jamaican -Jerk- 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> Jamaican -Jerk- Chicken</li></ul>	<ul style="list-style-type: none"><li>Beef Tagine - Mrs. Mpigi</li><li>Nigerian Jollof Rice - Food Committee</li><li>Seafood Chow Mein</li><li>Stir-Fried Seasonal Vegetables</li><li><b>Veg:</b> Extreme Vegetables With Jollof Rice</li><li><b>Halal:</b> Seafood Chow Mein</li></ul>	<ul style="list-style-type: none"><li>Malaysian Beef W/ Spicy Sauce</li><li>Dinner Roll</li><li>Sauerkraut</li><li>Bohemian -Pot- Roast</li><li>Herbed Pasta</li><li>Steamed Seasonal Vegetable</li><li><b>Veg:</b> Kotlet - Food Committee</li><li><b>Halal:</b> Bohemian -Pot- Roast</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>
	Seasonal Fruits & Salad					Seasonal Fruits & Salad	
		Snack (9:00pm - 9:30pm)					

- 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 2 - MARCH 11 - 17, 2024)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>(Brunch)</p> <ul style="list-style-type: none"><li>• Breakfast Muffins</li></ul>	<p>(Brunch)</p>	<p>(Brunch)</p>	<p>(Brunch)</p>	<p>(Brunch)</p>		
LUNCH	<ul style="list-style-type: none"><li>• Sunny Side Egg</li><li>• Sausage Patty</li><li>• Yogurt</li><li>• Cereal/Milk</li><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>• Veg: Biber Dolmasi - Food Committee</li><li>• Halal: Genral Tso’s Chicken</li></ul>	<ul style="list-style-type: none"><li>• Crumpets</li><li>• Hard-Boiled Egg</li><li>• Breakfast Patty</li><li>• Yogurt</li><li>• Cereal/Milk</li><li>• Deb’s Scallops Florentine</li><li>• Crispy Orange Beef</li><li>• Herbs with Rice</li><li>• Roasted Garlic Lemon Broccoli</li><li>• Veg: Mac n Cheese W/ Peas</li><li>• Halal: Spinach &amp; Seafood Wonderpot</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><li>• Szechuan Spicy Eggplant</li><li>• Hot Dog W/ Onion Rings - Student Survey</li><li>• Seasoned Rice</li><li>• Veg: Japanese Ramen Soup</li><li>• Halal: Hot Dog W/ Onion Rings - Student Survey</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><li>• Austrian Chicken Schnitzel</li><li>• Kimchi Fried Rice</li><li>• Baked Potatoes</li><li>• Grilled Seasonal Vegetable</li><li>• Veg: Blue Ribbon Chili</li><li>• Halal: Austrian Chicken Schnitzel</li></ul>	<ul style="list-style-type: none"><li>• English Muffins</li><li>• Omelette</li><li>• Cold Cuts</li><li>• Yogurt</li><li>• Cereal/Milk</li><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>• Veg: Aloo Gobi Masala</li><li>• Halal: Tandoori Fish</li></ul>	<p>(Brunch)</p> <ul style="list-style-type: none"><li>• Jamaican Beef Patties</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>• Veg: Thai Pineapple Fried Rice</li><li>• Halal: Indian Lamb Rogan Josh</li><li>• Seasonal Fruits</li><li>• Salad</li></ul>	<p>(Brunch)</p> <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>• Veg: Tortellini Soup with Vegetables - Food Committee</li><li>• Halal: Tortellini Soup with Sausage - Food Committee</li><li>• Seasonal Fruits</li><li>• Salad</li></ul>
	• Seasonal Fruits & Salad						
	SALAD BAR	<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>	
DINNER	<ul style="list-style-type: none"><li>• Kotlet- Persian meat patties - Student Survey</li><li>• Chili Pork with Apricot Glaze</li><li>• Mushroom Rice</li><li>• Crispy Edamame</li><li>• Congee</li><li>• Veg: Kale Tofu Omelette</li><li>• Halal: Persian meat patties - Student Survey</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>• Veg: Indian Aloo (Potatoes) - Ayub (HR)</li><li>• Halal: Greek Roast Lamb</li></ul>	<ul style="list-style-type: none"><li>• Southern Style Grilled Chicken Wings</li><li>• Macaroni Salad</li><li>• African Fish Stew - Mrs. Mpigi</li><li>• Stir-Fried Seasonal Vegetables</li><li>• Congee</li><li>• Veg: Pizza Quinoa Stuffed Mushrooms</li><li>• Halal: 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>• Veg: Squash Miso Noodle Soup W/ Edamame</li><li>• Halal: 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>• Veg: Moroccan Chickpeas Stew</li><li>• Halal: 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>• Veg: Broccoli and Mushroom Stir Fry - Food Committee</li><li>• Halal: Greek Beef Stifado</li></ul>	<ul style="list-style-type: none"><li>• Pan Fried Noodles - Student Survey</li><li>• Cote d’Ivoire - African Kedjenou Chiccken</li><li>• Garlic Butter Rice</li><li>• Grilled Seasonal Vegetable</li><li>• Veg: Veggie Puff Pastry</li><li>• Halal: Pan Fried Noodles - Student Survey</li></ul>
	• Seasonal Fruits & Salad					• Seasonal Fruits & Salad	
	Snack (9:00pm - 9:30pm)						

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- Dinner: unlimited serving  
- Salad Bar: unlimited self-serving