

BRONTE COLLEGE WEEKLY MENU (WEEK 4 - JUNE 24 - 30, 2024)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	(Brunch)	(Brunch)	(Brunch)	(Brunch)	(Brunch)		
LUNCH	<ul style="list-style-type: none">Assorted MuffinsSausage PattyYogurtHard-Boiled EggCereal/MilkHK Baked Tomato Pork Chop RiceGreek-style Lemon PotatoesChicken EnchiladasGrilled Seasonal VegetableVeg: Persian Kotlet - Food CommitteeHalal: Mexican Beef Soup	<ul style="list-style-type: none">Assorted BagelHard-Boiled EggBreakfast PattyYogurtCereal/MilkOne- Pan-JambalayaMacao Garlic Beef Stir FryGarlic RiceSteamed Seasonal VegetableVeg: Stew Tofu with VegetablesHalal: Macao Garlic Beef Stir Fry	<ul style="list-style-type: none">Cold CutsSteamed BunsFrittataYogurtCereal/MilkChicken with Red Thai SauceSweet Potato FriesBeef Cheese Burger - Student SurveyStir-Fried Seasonal VegetableVeg: Perogies with OnionsHalal: Chicken with Red Thai Sauce	<ul style="list-style-type: none">PancakesScrambled EggsBaconYogurtCereal/MilkChipotle Lime Chicken TacosSpicy Korean BBQ Pork - Food CommitteeSeasoned RiceVeg: Black Bean and Cheese EnchiladasHalal: Chipotle Lime Chicken Tacos	<ul style="list-style-type: none">Rasin BreadOmeletteSausageHashbrownsYogurtCereal/MilkIndian Shrimp CurryHungarian Chicken PaprikashIndian Pilau RiceCreamed SpinachVeg: Potato Stew - Food CommitteeHalal: Indian Shrimp Curry	<ul style="list-style-type: none">(Brunch)Smoked Salmon Eggs BenedictSamosaChicken Fried Rice - Food CommitteeYogurtCereal/MilkStir-Fried Seasonal VegetableCongeeVeg: Eggs & Tomato BenedictHalal: White Bean Beef ChiliSeasonal FruitsSalad	<ul style="list-style-type: none">(Brunch)Chicken Caesar WrapCreamy Au Gratin PotatoesSausage & Egg CasseroleCereal/MilkCongeeVeg: Warm Corn & Avocado SaladHalal: Chicken Caesar WrapSeasonal FruitsSalad
	<ul style="list-style-type: none">Seasonal Fruits & Salad						
	SALAD BAR	<ul style="list-style-type: none">Corn and Black-Eye Pea SaladRomaine	<ul style="list-style-type: none">Greek SaladGardenSalad	<ul style="list-style-type: none">Mixed Beans SaladMixed Greens	<ul style="list-style-type: none">Dill Cucumber SaladRomaine		
DINNER	<ul style="list-style-type: none">Indonesian Beef SatayCod Fish CakesFrench BaguettePizzaSteamed Seasonal VegetablesCongeeVeg: Carribean Vegetarian FricasseeHalal: Seafood Creole	<ul style="list-style-type: none">Nigerian Chicken Fried Rice - Food CommitteeLinguine With Tuna PuttanescaEgyptian Spicy Ketchup PotatoesPizzaEthiopian Stir Fry CabbageCongeeVeg: Aloo Gobi MasalaHalal: Linguine With Tuna Puttanesca	<ul style="list-style-type: none">Baked Ribs with Chipotle SauceBrazilian White RiceGarlic Shrimp - Food CommitteePizzaStir-Fried Seasonal VegetablesCongeeVeg: Spanish Tofu W/ LentilsHalal: Garlic Shrimp - Food Committee	<ul style="list-style-type: none">Maple-Glazed PorkMushroom RisottoFilipino Adobo Chicken With GingerPizzaSpicy Indian Green BeansCongeeVeg: Mushroom RisottoHalal: Filipino Adobo Chicken With Ginger	<ul style="list-style-type: none">Chef’s SpecialSushiMashed PotatoesPizzaGrilled Seasonal VegetableCongeeVeg: SushiHalal: Sushi	<ul style="list-style-type: none">El Pollo Rico - Peruvian Roast ChickenBeef LasagnaSteamed PotatoesBaked Seasonal VegetablesVeg: Tuscan Garlic Beans and Vegetables WrapHalal: El Pollo Rico - Peruvian Roast Chicken	<ul style="list-style-type: none">Malaysian Beef RendangPaprika Chicken & SpinachOnion RiceGrilled Seasonal VegetableVeg: Braised Chickpeas W/ PotatoesHalal: Braised Beef W/ Potatoes
	<ul style="list-style-type: none">Seasonal Fruits & Salad					<ul style="list-style-type: none">Seasonal Fruits & Salad	
	Snack (9:00pm - 9:30pm)						

- Menu items are subject to change upon availability
- Breakfast: unlimited whole wheat toast, 2% milk, oatmeal is provided every morning & assorted juices provided daily.
- Dinner: unlimited serving
- Salad Bar: unlimited self-serving



BRONTE

C O L L E G E

BRONTE COLLEGE WEEKLY MENU (WEEK 3 - JUNE 17 - 23, 2024)

	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">• Chicken Burger & Sweet Potatoes Fries - Student Survey• Grilled Asian Ginger Pork Chops• Tortilla• Baked Seasonal Vegetable• Veg: Greek Moussaka• Halal: Chicken Burger & Sweet Potatoes Fries - Student Survey	<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• Chinese Chicken Curry - Mrs. Mpigi• Coconut Rice• Grilled Seasonal Vegetable• Veg: Artichoke Spinach Lasagna - Food Committee• Halal: Moqueca Baiana - Brazilian Fish Stew	<ul style="list-style-type: none">Student & Staff Appreciation Lunch• KimBap• Inari Sushi• Assorted Tempura• Seaweed Salad• Veg: KimBap With Tempura• Halal: KimBap With Tempura	<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	(Brunch) <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	(Brunch) <ul style="list-style-type: none">• Spinach Quiche• Chicken , Shrimp-Fried Rice - Student Survey• Steamed Seasonal Vegetable• Veg: Omlette Rice• Halal: Chicken - Fried Rice - Student Survey• 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">• Kedjenou Chicken - Mrs. Mpigi• Lemon Thyme Rice• Sausage - Basil & Mustard - Pasta - Student Survey• Pizza• Pineapple Salsa• Veg: Hawaiian Luau Barbecued Gluten• Halal: Sausage - Basil & Mustard - Pasta - Student Survey	<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• Cilantro lime Chicken• Pizza• Charred Green Beans• Veg: Mapo Tofu• Halal: Cilantro lime Chicken	<ul style="list-style-type: none">• Caribbean Beef Stew• Spanish Spiced Rubbed Chicken• Carrot Rice• Turkish lahmacun (pizza) - Student Survey• 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">• Nigerian Tomato Stew - Student Survey• Crispy Shrimp Pasta• Rice with Lentils• Stir-Fried Seasonal Vegetable• Veg: Moroccan Lentils Stew• Halal: Crispy Shrimp Pasta
	<ul style="list-style-type: none">• Seasonal Fruits & Salad						
	Snack (9:00pm - 9:30pm)						

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