



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Hard-Boiled Egg</li> <li>Cold Cuts</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Bagel</li> <li>Sunny Side Eggs</li> <li>Breakfast Patty</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Steamed Buns</li> <li>Hashbrowns</li> <li>Frittata</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Bacon</li> <li>Scrambled Eggs</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Waffles</li> <li>Omelette</li> <li>Sausage</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>		
	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> </ul>						
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Chicken Burger &amp; Sweet Potatoes Fries - Student Survey</li> <li>Grilled Asian Ginger Pork Chops</li> <li>Tortilla</li> <li>Baked Seasonal Vegetable</li> <li><b>Veg:</b> Greek Moussaka</li> <li><b>Halal:</b> Chicken Burger &amp; Sweet Potatoes Fries - Student Survey</li> </ul>	<ul style="list-style-type: none"> <li>Southwest Turkey Mac n Cheese</li> <li>Butter Pasta</li> <li>Gamjatang - Korean Pork Bone Soup</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Smoky White Bean Shakshuka</li> <li><b>Halal:</b> Southwest Turkey Mac n Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Moqueca Baiana - Brazilian Fish Stew</li> <li>Chinese Chicken Curry - Mrs. Mpigi</li> <li>Coconut Rice</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Artichoke Spinach Lasagna - Food Committee</li> <li><b>Halal:</b> Moqueca Baiana - Brazilian Fish Stew</li> </ul>	<p style="text-align: center;"><b>Student &amp; Staff Appreciation Lunch</b></p> <ul style="list-style-type: none"> <li>KimBap</li> <li>Inari Sushi</li> <li>Assorted Tempura</li> <li>Seaweed Salad</li> <li><b>Veg:</b> KimBap With Tempura</li> <li><b>Halal:</b> KimBap With Tempura</li> </ul>	<ul style="list-style-type: none"> <li>Fish &amp; Chips</li> <li>Butter Milk Chicken</li> <li>French Fries</li> <li>Cumin Lime Coleslaw</li> <li><b>Veg:</b> Thai'd Up Quesadilla - Food Committee</li> <li><b>Halal:</b> Butter Milk Chicken</li> </ul>	<p style="text-align: center;"><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Crispy Lemon Chicken</li> <li>Spaghetti with Sausages - Food Committee</li> <li>Turkish Menemen</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Onion and White Bean Bake</li> <li><b>Halal:</b> Baked Chicken Cordon Bleu - Food Committee</li> <li>Seasonal Fruits</li> <li>Salad</li> </ul>	<p style="text-align: center;"><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Spinach Quiche</li> <li>Chicken, Shrimp-Fried Rice - Student Survey</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Omlette Rice</li> <li><b>Halal:</b> Chicken - Fried Rice - Student Survey</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>Kedjenou Chicken - Mrs. Mpigi</li> <li>Lemon Thyme Rice</li> <li>Sausage - Basil &amp; Mustard - Pasta - Student Survey</li> <li>Pizza</li> <li>Pineapple Salsa</li> <li><b>Veg:</b> Hawaiian Luau Barbecued Gluten</li> <li><b>Halal:</b> Sausage - Basil &amp; Mustard - Pasta - Student Survey</li> </ul>	<ul style="list-style-type: none"> <li>Indian Butter Chicken</li> <li>Braised Beef</li> <li>Roti</li> <li>Pizza</li> <li>Indian Spiced Cauliflower</li> <li><b>Veg:</b> Indian Butter Paneer</li> <li><b>Halal:</b> Indian Butter Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Mapo Tofu</li> <li>Dinner Roll</li> <li>Cilantro lime Chicken</li> <li>Pizza</li> <li>Charred Green Beans</li> <li><b>Veg:</b> Mapo Tofu</li> <li><b>Halal:</b> Cilantro lime Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Caribbean Beef Stew</li> <li>Spanish Spiced Rubbed Chicken</li> <li>Carrot Rice</li> <li>Turkish lahmacun (pizza) - Student Survey</li> <li>Southern Fried Cabbage</li> <li><b>Veg:</b> Steam Egg W/ Mushroom</li> <li><b>Halal:</b> Spanish Spiced Rubbed Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Chef's Special</li> <li>Sushi</li> <li>Seaweed Salad</li> <li>Edamame</li> <li><b>Veg:</b> Sushi</li> <li><b>Halal:</b> Sushi</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Pork in Tomatillo Sauce</li> <li>Filipino Beef Salpicao</li> <li>Garlic Cilantro Lime Rice</li> <li>Baked Seasonal Vegetables</li> <li><b>Veg:</b> Spicy Potato Curry</li> <li><b>Halal:</b> Spanish Chicken &amp; Potato Roast</li> </ul>	<ul style="list-style-type: none"> <li>Nigerian Tomato Stew - Student Survey</li> <li>Crispy Shrimp Pasta</li> <li>Rice with Lentils</li> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Moroccan Lentils Stew</li> <li><b>Halal:</b> Crispy Shrimp Pasta</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><b>Snack (9:00pm - 9:30pm)</b></p>							

- 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 COLLEGE WEEKLY MENU (WEEK 2 - JUNE 10 - 16, 2024)

	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>	<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> </ul>	<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>Shrimp &amp; Creamy Chipotle Pasta</li> <li>Malaysian Fried Chicken</li> <li>Mashed Potatoes</li> <li>Steamed Seasonal Vegetable</li> <li>Veg: Mexican Rice Salad</li> <li>Halal: Malaysian Fried Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Fingers</li> <li>Harissa Chicken -Mrs. Mpigi</li> <li>Onion Rings</li> <li>Grilled Seasonal Vegetable</li> <li>Veg: Tofu and Basil Calzones</li> <li>Halal: 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>Veg: Tteokbokki (Korean Rice Cake) - Food Committee</li> <li>Halal: Tteokbokki (Korean Rice Cake) - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti and Meatballs - Food Committee</li> <li>French Fries</li> <li>Zesty Pulled Pork Sandwiches</li> <li>Steamed Seasonal Vegetables</li> <li>Veg: Zesty Vegetarian Sandwiches</li> <li>Halal: Spaghetti and Meatballs - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Steamed Tofu with Shrimp</li> <li>Nigerian Beef Stew - Student Survey</li> <li>Tortilla wraps</li> <li>Turkish Hummus</li> <li>Veg: Steamed Tofu</li> <li>Halal: Nigerian Beef Stew - Student Survey</li> </ul>	<ul style="list-style-type: none"> <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>Veg: Club Sandwiches - Food Committee</li> <li>Halal: 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>Veg: Mushroom Paella Noodle</li> <li>Halal: 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>Veg: Crunchy Parmesan Cutlet</li> <li>Halal: 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>Veg: Extreme Vegetables With Jollof Rice</li> <li>Halal: 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>Veg: Kotlet - Food Committee</li> <li>Halal: 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>Veg: English Pie</li> <li>Halal: 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>Veg: Cuban Black Bean Patties with Pineapple Cilantro Rice</li> <li>Halal: 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>Veg: Tofu and Cabbage Stir Fry - Food Committee</li> <li>Halal: 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><b>Snack (9:00pm - 9:30pm)</b></p>						

- 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