



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - JULY 22 - 28, 2024)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Sausage Patty Yogurt Hard-Boiled Egg Cereal/Milk 	<ul style="list-style-type: none"> Assorted Bagel Hard-Boiled Egg Breakfast Patty Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Cold Cuts Steamed Buns Frittata Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Pancakes Scrambled Eggs Bacon Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Rasin Bread Omelette Sausage Hashbrowns Yogurt Cereal/Milk 		
	<ul style="list-style-type: none"> Seasonal Fruits 						
LUNCH	<ul style="list-style-type: none"> HK Baked Tomato Pork Chop Rice Greek-style Lemon Potatoes Chicken Enchiladas Grilled Seasonal Vegetable Veg: Persian Kotlet - Food Committee Halal: Mexican Beef Soup 	<ul style="list-style-type: none"> One- Pan-Jambalaya Macao Garlic Beef Stir Fry Garlic Rice Steamed Seasonal Vegetable Veg: Stew Tofu with Vegetables Halal: Macao Garlic Beef Stir Fry 	<ul style="list-style-type: none"> Chicken with Red Thai Sauce Sweet Potato Fries Beef Cheese Burger - Student Survey Stir-Fried Seasonal Vegetable Veg: Perogies with Onions Halal: Chicken with Red Thai Sauce 	<ul style="list-style-type: none"> Chipotle Lime Chicken Tacos Spicy Korean BBQ Pork - Food Committee Seasoned Rice Veg: Black Bean and Cheese Enchiladas Halal: Chipotle Lime Chicken Tacos 	<ul style="list-style-type: none"> Indian Shrimp Curry Hungarian Chicken Paprikash Indian Pilau Rice Creamed Spinach Veg: Potato Stew - Food Committee Halal: Indian Shrimp Curry 	<p>(Brunch)</p> <ul style="list-style-type: none"> Smoked Salmon Eggs Benedict Samosa Chicken Fried Rice - Food Committee Yogurt Cereal/Milk Stir-Fried Seasonal Vegetable Congee Veg: Eggs & Tomato Benedict Halal: White Bean Beef Chili Seasonal Fruits Salad 	<p>(Brunch)</p> <ul style="list-style-type: none"> Chicken Caesar Wrap Creamy Au Gratin Potatoes Sausage & Egg Casserole Cereal/Milk Congee Veg: Warm Corn & Avocado Salad Halal: Chicken Caesar Wrap Seasonal Fruits Salad
	<ul style="list-style-type: none"> Seasonal Fruits & Salad 						
SALAD BAR	<ul style="list-style-type: none"> Corn and Black-Eye Pea Salad Romaine 	<ul style="list-style-type: none"> Greek Salad Garden Salad 	<ul style="list-style-type: none"> Mixed Beans Salad Mixed Greens 	<ul style="list-style-type: none"> Dill Cucumber Salad Romaine 	<ul style="list-style-type: none"> Chickpea Salad Iceberg 		
DINNER	<ul style="list-style-type: none"> Indonesian Beef Satay Cod Fish Cakes French Baguette Pizza Steamed Seasonal Vegetables Congee Veg: Caribbean Vegetarian Fricassee Halal: Seafood Creole 	<ul style="list-style-type: none"> Nigerian Chicken Fried Rice - Food Committee Linguine With Tuna Puttanesca Egyptian Spicy Ketchup Potatoes Pizza Ethiopian Stir Fry Cabbage Congee Veg: Aloo Gobi Masala Halal: Linguine With Tuna Puttanesca 	<ul style="list-style-type: none"> Baked Ribs with Chipotle Sauce Brazilian White Rice Garlic Shrimp - Food Committee Pizza Stir-Fried Seasonal Vegetables Congee Veg: Spanish Tofu W/ Lentils Halal: Garlic Shrimp - Food Committee 	<ul style="list-style-type: none"> Maple-Glazed Pork Mushroom Risotto Filipino Adobo Chicken With Ginger Pizza Spicy Indian Green Beans Congee Veg: Mushroom Risotto Halal: Filipino Adobo Chicken With Ginger 	<ul style="list-style-type: none"> Chef's Special Sushi Mashed Potatoes Pizza Grilled Seasonal Vegetable Congee Veg: Sushi Halal: Sushi 	<ul style="list-style-type: none"> El Pollo Rico - Peruvian Roast Chicken Beef Lasagna Steamed Potatoes Baked Seasonal Vegetables Veg: Tuscan Garlic Beans and Vegetables Wrap Halal: El Pollo Rico - Peruvian Roast Chicken 	<ul style="list-style-type: none"> Malaysian Beef Rendang Paprika Chicken & Spinach Onion Rice Grilled Seasonal Vegetable Veg: Braised Chickpeas W/ Potatoes Halal: Braised Beef W/ Potatoes
	<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, oatmeal is provided every morning & assorted juices provided daily.
 - Dinner: unlimited serving
 - Salad Bar: unlimited self-serving



BRONTE COLLEGE WEEKLY MENU (WEEK 3 - JULY 15 - 21, 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 Grilled Potatoes Chicken Wings 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"> Chicken Alfredo Pasta Bay Leaf Rice Bi Bim Bap - Korean Mixed Rice Maple Dill Carrots Veg: Bi Bim Bap - Korean Mixed Rice Halal: Chicken Alfredo Pasta 	<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 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 						<ul style="list-style-type: none"> Seasonal Fruits & Salad
<p>Snack (9:00pm - 9:30pm)</p>							

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