



BRONTE COLLEGE WEEKLY MENU (WEEK 1 - SEPTEMBER 30 - OCTOBER 6, 2024)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Assorted Muffins Sausage Patty Hard-Boiled Eggs Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Assorted Bagel Cold Cuts Sunny Side Egg Yogurt Cereal/Milk 	<ul style="list-style-type: none"> Waffles Steamed Buns Yogurt Frittata Breakfast Patty Cereal/Milk 	<ul style="list-style-type: none"> Banana Bread Bacon Hard-Boiled Egg Yogurt Cereal/Milk 	<ul style="list-style-type: none"> English Muffins Omelette Sausage Cheese Yogurt Cereal/Milk 	(Brunch)	(Brunch)
	<ul style="list-style-type: none"> Seasonal Fruits 						
LUNCH	<ul style="list-style-type: none"> Shrimp & Creamy Chipotle Pasta Malaysian Fried Chicken Mashed Potatoes Steamed Seasonal Vegetable Veg: Mexican Rice Salad Halal: Malaysian Fried Chicken 	<ul style="list-style-type: none"> JapChae Noodles Harissa Chicken - Mrs. Mpigi Onion Rings Grilled Seasonal Vegetable Veg: Tofu and Basil Calzones Halal: Crispy Parmesan Chicken - Food Committee 	<ul style="list-style-type: none"> Hawaiian Loco Moco (Beef) Tteokbokki (Korean Rice Cake) - Food Committee Baked Seasonal Vegetable Veg: Tteokbokki (Korean Rice Cake) - Food Committee Halal: Tteokbokki (Korean Rice Cake) - Food Committee 	<ul style="list-style-type: none"> Lasagna French Fries Zesty Pulled Pork Sandwiches Steamed Seasonal Vegetables Veg: Zesty Vegetarian Sandwiches Halal: Spaghetti and Meatballs - Food Committee 	<ul style="list-style-type: none"> Steamed Tofu with Shrimp Nigerian Beef Stew - Student Survey Tortilla wraps Turkish Hummus Veg: Steamed Tofu Halal: Nigerian Beef Stew - Student Survey 	<ul style="list-style-type: none"> Tomato & Egg - Student Survey Breakfast Egg Muffins Club Sandwiches - Food Committee Yogurt Cereal/Milk Grilled Seasonal Vegetable Congee Veg: Club Sandwiches - Food Committee Halal: Club Sandwiches - Food Committee Seasonal Fruits Salad 	
	<ul style="list-style-type: none"> 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"> Taiwanese Three Cup Chicken 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 Jamaican -Jerk- Chicken Oven-Baked Potato Wedges Steamed Seasonal Vegetables Veg: Crunchy Parmesan Cutlet Halal: Jamaican -Jerk- Chicken 	<ul style="list-style-type: none"> Beef Tagine - Mrs. Mpigi Nigerian Jollof Rice - Food Committee Seafood Chow Mein Stir-Fried Seasonal Vegetables Veg: Extreme Vegetables With Jollof Rice Halal: Seafood Chow Mein 	<ul style="list-style-type: none"> Malaysian Beef W/ Spicy Sauce Dinner Roll Sauerkraut Bohemian -Pot- Roast Herbed Pasta Steamed Seasonal Vegetable Veg: Kotlet - Food Committee Halal: Bohemian -Pot- Roast 	<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
	<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 COLLEGE WEEKLY MENU (WEEK 4 - SEPTEMBER 23 - 29, 2024)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> • Breakfast Muffins • Sunny Side Egg • Sausage Patty • Yogurt • Cereal/Milk 	<ul style="list-style-type: none"> • Crumpets • Hard-Boiled Egg • Breakfast Patty • Yogurt • Cereal/Milk 	<ul style="list-style-type: none"> • Waffle • Steamed Buns • Frittata • Yogurt • Cereal/Milk 	<ul style="list-style-type: none"> • Potato Pancakes • Scrambled Eggs • Bacon • Yogurt • Cheese • Cereal/Milk 	<ul style="list-style-type: none"> • English Muffins • Omelette • Cold Cuts • Yogurt • Cereal/Milk 		
	<ul style="list-style-type: none"> • Seasonal Fruits 						(Brunch)
LUNCH	<ul style="list-style-type: none"> • Nigerian Beef Stew -Amima Tokulah • Nigerian Jollof Rice -Amima Tokulah • Kung Pao Chicken - Student Survey • Grilled Seasonal Vegetable • Veg: Biber Dolmasi - Food Committee • Halal: Kung Pao Chicken - Student Survey 	<ul style="list-style-type: none"> • Deb's Scallops Florentine • Crispy Orange Beef • Herbs with Rice • Roasted Garlic Lemon Broccoli • Veg: Mac n Cheese W/ Peas • Halal: Spinach & Seafood Wonderpot 	<ul style="list-style-type: none"> • Szechuan Spicy Eggplant • Hot Dog W/ Onion Rings - Student Survey • Seasoned Rice • Veg: Japanese Ramen Soup • Halal: Hot Dog W/ Onion Rings - Student Survey 	<ul style="list-style-type: none"> • Austrian Chicken Schnitzel • Kimchi Fried Rice • Baked Potatoes • Grilled Seasonal Vegetable • Veg: Blue Ribbon Chili • Halal: Austrian Chicken Schnitzel 	<ul style="list-style-type: none"> • Grilled Salmon W/ Garlic & Dijon • Creamy Chicken Fajita Pasta - Food Committee • Bombay Potatoes • Roasted Seasonal Vegetable • Veg: Aloo Gobi Masala • Halal: Tandoori Fish 	<ul style="list-style-type: none"> • Jamaican Beef Patties • Spinach and Potato Frittata • Thai Pineapple Fried Rice • Cereal/Milk • Stir-Fried Seasonal Vegetable • Congee • Veg: Thai Pineapple Fried Rice • Halal: Indian Lamb Rogan Josh • Seasonal Fruits • Salad 	<ul style="list-style-type: none"> • Chicken in Basil Cream • French Toast • Hearty Egg Scramble - Food Committee • Cereal/Milk • Steamed Seasonal Vegetable • Congee • Veg: Tortellini Soup with Vegetables - Food Committee • Halal: Tortellini Soup with Sausage - Food Committee • Seasonal Fruits • Salad
	<ul style="list-style-type: none"> • Seasonal Fruits & Salad 						
SALAD BAR	<ul style="list-style-type: none"> • Edamame Salad • Romaine 	<ul style="list-style-type: none"> • Maple Bean Salad • Garden Salad 	<ul style="list-style-type: none"> • Cucumber Salad • Mixed Greens 	<ul style="list-style-type: none"> • Ginger Sesame Cabbage Salad • Romaine 	<ul style="list-style-type: none"> • Cauliflower Potato Salad • Iceberg 		
DINNER	<ul style="list-style-type: none"> • Kotlet- Persian meat patties - Student Survey • Chili Pork with Apricot Glaze • Mushroom Rice • Crispy Edamame • Congee • Veg: Kale Tofu Omelette • Halal: Persian meat patties - Student Survey 	<ul style="list-style-type: none"> • Greek Roast Lamb • Indian Chicken Biryani • Greek-Style Lemon Roasted Potatoes • Steamed Seasonal Vegetables • Congee • Veg: Indian Aloo (Potatoes) - Ayub (HR) • Halal: Greek Roast Lamb 	<ul style="list-style-type: none"> • Southern Style Grilled Chicken Wings • Macaroni Salad • Spicy Oven Baked Fish • Stir-Fried Seasonal Vegetables • Congee • Veg: Pizza Quinoa Stuffed Mushrooms • Halal: Southern Style Grilled Chicken Wings 	<ul style="list-style-type: none"> • Chicken W/ Sun-Dried Tomato Cream Sauce • Lemongrass Coconut Rice - Food Committee • Southwestern Garlic-Mustard Grilled Beef • Steamed Seasonal Vegetable • Congee • Veg: Squash Miso Noodle Soup W/ Edamame • Halal: Doro Wat (Ethiopian Chicken Stew) - Food Committee 	<ul style="list-style-type: none"> • Seafood Lasagna • Chef's Special • Roasted Garlic Cauliflower • Congee • Veg: Moroccan Chickpeas Stew • Halal: Seafood Lasagna 	<ul style="list-style-type: none"> • Greek Beef Stifado • Kenyan Dhania Chicken Curry • Greek Style Potatoes • Baked Seasonal Vegetables • Veg: Broccoli and Mushroom Stir Fry - Food Committee • Halal: Greek Beef Stifado 	<ul style="list-style-type: none"> • Pan Fried Noodles - Student Survey • Cote d'Ivoire - African Kedjenou Chicken • Garlic Butter Rice • Grilled Seasonal Vegetable • Veg: Veggie Puff Pastry • Halal: Pan Fried Noodles - Student Survey
	<ul style="list-style-type: none"> • Seasonal Fruits & Salad 						<ul style="list-style-type: none"> • Seasonal Fruits & Salad
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