



BRONTE COLLEGE WEEKLY MENU (WEEK 1 - NOVEMBER 4 - 10, 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"> 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>							

- 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 5 - OCTOBER 28 - NOVEMBER 3, 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"> Spaghetti and Meatballs - Food Committee 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 						
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"> Seasonal Fruits & Salad 						<ul style="list-style-type: none"> Seasonal Fruits & Salad
	Snack (9:00pm - 9:30pm)						

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