



## BRONTE COLLEGE WEEKLY MENU (WEEK 1 - MARCH 3 - 9, 2025)

	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>Yogurt</li> <li>Hard-Boiled Egg</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Bagel</li> <li>Hard-Boiled Egg</li> <li>Breakfast Patty</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cold Cuts</li> <li>Steamed Buns</li> <li>Frittata</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Scrambled Eggs</li> <li>Bacon</li> <li>Yogurt</li> <li>Cereal/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Rasin Bread</li> <li>Omelette</li> <li>Sausage</li> <li>Hashbrowns</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>HK Baked Tomato Pork Chop Rice</li> <li>Greek-style Lemon Potatoes</li> <li>Chicken Enchiladas</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Persian Kotlet - Food Committee</li> <li><b>Halal:</b> Mexican Beef Soup</li> </ul>	<ul style="list-style-type: none"> <li>One- Pan-Jambalaya</li> <li>Macao Garlic Beef Stir Fry</li> <li>Garlic Rice</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Stew Tofu with Vegetables</li> <li><b>Halal:</b> Macao Garlic Beef Stir Fry</li> </ul>	<ul style="list-style-type: none"> <li>Chicken with Red Thai Sauce</li> <li>Sweet Potato Fries</li> <li>Beef Cheese Burger - Student Survey</li> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Perogies with Onions</li> <li><b>Halal:</b> Chicken with Red Thai Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Chipotle Lime Chicken Tacos</li> <li>Spicy Korean BBQ Pork - Food Committee</li> <li>Seasoned Rice</li> <li><b>Veg:</b> Black Bean and Cheese Enchiladas</li> <li><b>Halal:</b> Chipotle Lime Chicken Tacos</li> </ul>	<ul style="list-style-type: none"> <li>Indian Shrimp Curry</li> <li>Hungarian Chicken Paprikash</li> <li>Indian Pilau Rice</li> <li>Creamed Spinach</li> <li><b>Veg:</b> Potato Stew - Food Committee</li> <li><b>Halal:</b> Indian Shrimp Curry</li> </ul>	<p><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Smoked Salmon Eggs Benedict</li> <li>Samosa</li> <li>Chicken Fried Rice - Food Committee</li> <li>Yogurt</li> <li>Cereal/Milk</li> <li>Stir-Fried Seasonal Vegetable</li> <li>Congee</li> <li><b>Veg:</b> Eggs &amp; Tomato Benedict</li> <li><b>Halal:</b> White Bean Beef Chili</li> <li>Seasonal Fruits</li> <li>Salad</li> </ul>	<p><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Chicken Caesar Wrap</li> <li>Creamy Au Gratin Potatoes</li> <li>Sausage &amp; Egg Casserole</li> <li>Cereal/Milk</li> <li>Congee</li> <li><b>Veg:</b> Warm Corn &amp; Avocado Salad</li> <li><b>Halal:</b> Chicken Caesar Wrap</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>Corn and Black-Eye Pea Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Greek Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Beans Salad</li> <li>Mixed Greens</li> </ul>	<ul style="list-style-type: none"> <li>Dill Cucumber Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Chickpea Salad</li> <li>Iceberg</li> </ul>		
<b>DINNER</b>	<ul style="list-style-type: none"> <li>Indonesian Beef Satay</li> <li>Cod Fish Cakes</li> <li>French Baguette</li> <li>Pizza</li> <li>Steamed Seasonal Vegetables</li> <li>Congee</li> <li><b>Veg:</b> Caribbean Vegetarian Fricassee</li> <li><b>Halal:</b> Seafood Creole</li> </ul>	<ul style="list-style-type: none"> <li>Nigerian Chicken Fried Rice - Food Committee</li> <li>Linguine With Tuna Puttanesca</li> <li>Egyptian Spicy Ketchup Potatoes</li> <li>Pizza</li> <li>Ethiopian Stir Fry Cabbage</li> <li>Congee</li> <li><b>Veg:</b> Aloo Gobi Masala</li> <li><b>Halal:</b> Linguine With Tuna Puttanesca</li> </ul>	<ul style="list-style-type: none"> <li>Baked Ribs with Chipotle Sauce</li> <li>Brazilian White Rice</li> <li>Garlic Shrimp - Food Committee</li> <li>Pizza</li> <li>Stir-Fried Seasonal Vegetables</li> <li>Congee</li> <li><b>Veg:</b> Spanish Tofu W/ Lentils</li> <li><b>Halal:</b> Garlic Shrimp - Food Committee</li> </ul>	<ul style="list-style-type: none"> <li>Maple-Glazed Pork</li> <li>Mushroom Risotto</li> <li>Filipino Adobo Chicken With Ginger</li> <li>Pizza</li> <li>Spicy Indian Green Beans</li> <li>Congee</li> <li><b>Veg:</b> Mushroom Risotto</li> <li><b>Halal:</b> Filipino Adobo Chicken With Ginger</li> </ul>	<ul style="list-style-type: none"> <li>Chef's Special</li> <li>Sushi</li> <li>Mashed Potatoes</li> <li>Pizza</li> <li>Grilled Seasonal Vegetable</li> <li>Congee</li> <li><b>Veg:</b> Sushi</li> <li><b>Halal:</b> Sushi</li> </ul>	<ul style="list-style-type: none"> <li>El Pollo Rico - Peruvian Roast Chicken</li> <li>Beef Lasagna</li> <li>Steamed Potatoes</li> <li>Baked Seasonal Vegetables</li> <li><b>Veg:</b> Tuscan Garlic Beans and Vegetables Wrap</li> <li><b>Halal:</b> El Pollo Rico - Peruvian Roast Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Malaysian Beef Rendang</li> <li>Paprika Chicken &amp; Spinach</li> <li>Onion Rice</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Braised Chickpeas W/ Potatoes</li> <li><b>Halal:</b> Braised Beef W/ Potatoes</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 4 - FEBRUARY 24 - MARCH 2, 2025)

	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>	<ul style="list-style-type: none"> <li>Chicken Alfredo Pasta</li> <li>Bay Leaf Rice</li> <li>Bi Bim Bap - Korean Mixed Rice</li> <li>Maple Dill Carrots</li> <li><b>Veg:</b> Bi Bim Bap - Korean Mixed Rice</li> <li><b>Halal:</b> Chicken Alfredo Pasta</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><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><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>							

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 - Breakfast: unlimited whole wheat toast, 2% milk, oatmeal is provided every morning & assorted juices provided daily.  
 - Dinner: unlimited serving  
 - Salad Bar: unlimited self-serving