



BRONTE COLLEGE WEEKLY MENU (WEEK 4 - MAR 25 - 31, 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none">Assorted MuffinsHard-Boiled EggCold CutsYogurtCereal/MilkSweet Potato Congee	<ul style="list-style-type: none">Assorted BagelCucumberBreakfast PattyYogurtCereal/Milk	<ul style="list-style-type: none">Steamed BunsHashbrownsFrittataYogurtCereal/Milk	<ul style="list-style-type: none">PancakesTomatoesBaconScrambled EggsYogurtCereal/Milk	<ul style="list-style-type: none">WafflesOmeletteSausageYogurtCereal/Milk	(Brunch) <ul style="list-style-type: none">Crispy Lemon ChickenSpaghetti with Sausages - Food CommitteeCiabattaTurkish MenemenCereal/MilkSteamed Seasonal VegetableVeg: Onion and White Bean BakeHalal: Baked Chicken Cordon Bleu - Food CommitteeSeasonal FruitsSalad	(Brunch) <ul style="list-style-type: none">Spinach & Bacon QuicheGuadeloupe ChickenCinnamon French ToastYogurtCereal/MilkSteamed Seasonal VegetableVeg: Omlette RiceHalal: Guadeloupe ChickenSeasonal FruitsSalad
	<ul style="list-style-type: none">Seasonal Fruits						
LUNCH	<ul style="list-style-type: none">Hungarian Beef GoulashMustard Cream Sauce Pork ChopMushroom RiceBaked Seasonal VegetableVeg: Tomato & Asparagus CarbonaraHalal: Hungarian Beef Goulash	<ul style="list-style-type: none">Mexican Chicken MoleButter PastaGamjatang - Korean Pork Bone SoupSteamed Seasonal VegetableVeg: Smoky White Bean ShakshukaHalal: Crispy Chicken Parmesan Chicken - Food Committee	<ul style="list-style-type: none">Baked Fish with Lemon Cream SauceNigerian Peppered Chicken - Food CommitteeCoconut RiceGrilled Seasonal VegetableVeg: Artichoke Spinach Lasagna - Food CommitteeHalal: Baked Fish with Lemon Cream Sauce	<ul style="list-style-type: none">Moroccan ChickenBay Leaf RiceBi Bim Bap - Korean Mixed RiceMaple Dill CarrotsVeg: Bi Bim Bap - Korean Mixed RiceHalal: BBQ Thai Chicken	<ul style="list-style-type: none">Fish & ChipsPortuguese Style Piri ChickenFrench FriesCumin Lime ColeslawVeg: Chickpea Polenta BurgerHalal: Fish & Chips		
	<ul style="list-style-type: none">Seasonal Fruits & Salad						
SALAD BAR	<ul style="list-style-type: none">Peas and Carrots SaladRomaine	<ul style="list-style-type: none">Cucumber SaladGarden Salad	<ul style="list-style-type: none">3 Bean SaladMixed Greens	<ul style="list-style-type: none">Ranch Corn SaladRomaine	<ul style="list-style-type: none">Creamy Pasta SaladIceberg		
DINNER	<ul style="list-style-type: none">Hawaiian Luau Barbecued BeefLemon Thyme RiceBaked TilapiaPizzaPineapple SalsaVeg: Hawaiian Luau Barbecued GlutenHalal: Hawaiian Luau Barbecued Beef	<ul style="list-style-type: none">Indian Butter ChickenLabanese Beef KaftaRotiPizzaCurry Roasted CarrotsVeg: West Indian CurryHalal: Labanese Beef Kafta	<ul style="list-style-type: none">Mapo TofuDinner RollThai Tom Yum ChickenPizzaCharred Green BeansVeg: Mapo TofuHalal: Thai Tom Yum Chicken	<ul style="list-style-type: none">Bavarian Pork StewSpanish Spiced Rubbed ChickenCarrot RicePizzaSouthern Fried CabbageVeg: Mushroom Omelette RiceHalal: Spanish Spiced Rubbed Chicken	<ul style="list-style-type: none">Chef’s SpecialSushiSeasweed SaladEdamameVeg: SushiHalal: Sushi	<ul style="list-style-type: none">Spanish Chicken & Potato RoastFilipino Beef SalpicaoGarlic Cilantro Lime RiceBaked Seasonal VegetablesVeg: Spicy Potato CurryHalal: Spanish Chicken & Potato Roast	<ul style="list-style-type: none">Sesame BeefCrispy Shrimp PastaFried Rice W/ EggsStir-Fried Seasonal VegetableVeg: Crispy Tofu PastaHalal: Crispy Shrimp Pasta
	<ul style="list-style-type: none">Seasonal Fruits & Salad					<ul style="list-style-type: none">Seasonal Fruits & Salad	
SNACK	<ul style="list-style-type: none">Seasonal FruitsBrownieMilk	<ul style="list-style-type: none">Seasonal FruitsAssorted CookiesMilk	<ul style="list-style-type: none">Seasonal FruitsRice CrispyMilk	<ul style="list-style-type: none">Seasonal FruitsHotdogMilk			

- Menu items are subject to change upon availability
- Breakfast: unlimited whole wheat toast, 2% milk, & assorted juices provided daily.
- Dinner: unlimited serving
- Salad Bar: unlimited self-serving



BRONTE

C O L L E G E

BRONTE COLLEGE WEEKLY MENU (WEEK 3 - MAR 18 - 24, 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	(Brunch)	(Brunch)	(Brunch)	(Brunch)	(Brunch)	(Brunch)	(Brunch)
LUNCH	<ul style="list-style-type: none">Assorted MuffinsSausage PattyHard Boiled EggsTomatoesYogurtCongeeCereal/MilkSouthwestern Sausage PastaKorean Fried ChickenSteamed Seasonal VegetableVeg: Mexican Rice SaladHalal: Dakgangjeong (Korean Fried Chicken)	<ul style="list-style-type: none">Assorted BagelCold CutsHarsh BrownCucumberYogurtCereal/MilkHawaiian Loco Moco (Beef)Chicken Tikka Masala - Ayub (HR)Baked Seasonal VegetableVeg: Chickpeas Tikka Masala - Ayub (HR)Halal: Hawaiian Loco Moco (Beef)	<ul style="list-style-type: none">WafflesSteamed BunsYogurtFrittataCereal/MilkWonton Noodle SoupBacon Jack Chicken BaguetteOnion RingsGrilled Seasonal VegetableVeg: Vegeterian BurgerHalal: Bacon Jack Chicken Baguette	<ul style="list-style-type: none">Banana BreadHash BrownBaconCelery SticksYogurtCongeeCereal/MilkSpaghetti and Meatballs - Food CommitteeGarlic BreadPan-Fried Tofu W/ Minced MeatSteamed Seasonal VegetablesVeg: Spaghetti and Vegeballs - Food CommitteeHalal: Spaghetti and Meatballs - Food Committee	<ul style="list-style-type: none">English MuffinsOmeletteSausageCheeseYogurtCereal/MilkCajun Blackened FishJapanese Hayashi Beef RiceMoroccan Rice PilafCream PeasVeg: Tteokbokki (Korean Rice Cake) - Food CommitteeHalal: Japanese Hayashi Beef Rice	<ul style="list-style-type: none">Middle Eastern Chicken and RiceRoasted Sweet Potatoes - Food CommitteeWafflesFrench Roast Duck W/ Orange SauceBlender Hollandaise SauceCereal/MilkSteamed Seasonal VegetableCongeeVeg: Middle Eastern RiceHalal: Middle Eastern Chicken and RiceSeasonal FruitsSalad	<ul style="list-style-type: none">Cod Fish CakesBreakfast Egg MuffinsSoya Sauce ChickenYogurtCereal/MilkGrilled Seasonal VegetableCongeeVeg: Soya Sauce Tofu W/ MushroomsHalal: Soya Sauce ChickenSeasonal FruitsSalad
SALAD BAR	<ul style="list-style-type: none">Bacon Potato SaladRomaine	<ul style="list-style-type: none">Kimchi SaladGarden Salad	<ul style="list-style-type: none">ColeslawMixed Greens	<ul style="list-style-type: none">Hawaiian Macaroni SaladRomaine	<ul style="list-style-type: none">Tomato and Cucumber SaladIceberg		
DINNER	<ul style="list-style-type: none">Vietnamese Seafood CurryBeef Stew - Food CommitteeNaanStir-Fried Seasonal VegetablesVeg: Mushroom Paella NoodleHalal: Beef Stew - Food Committee	<ul style="list-style-type: none">Spicy Pork & Chili-Pepper GoulashIndonesian Ginger ChickenOven-Baked Potato WedgesSteamed Seasonal VegetablesVeg: Crunchy Parmesan CutletHalal: Indonesian Ginger Chicken	<ul style="list-style-type: none">Nigerian Beef SuyaNigerian Jollof Rice - Food CommitteeAfrican Cumin ChickenStir-Fried Seasonal VegetablesVeg: Extreme Vegetables With Jollof RiceHalal: Nigerian Beef Suya	<ul style="list-style-type: none">Pork Chop Alla PizzaiolaMashed PotatoesSteamed Ginger ChickenGinger Garlic RiceSteamed Seasonal VegetableVeg: Kotlet - Food CommitteeHalal: Steamed Ginger Chicken	<ul style="list-style-type: none">Chef’s SpecialThai’d Up Quesadilla - Food CommitteeSteamed Seasonal VegetableVeg: Pasta PomodoroHalal: Thai’d Up Quesadilla - Food Committee	<ul style="list-style-type: none">Caribbean ChickenBeef BulgogiPineapple Cilantro RiceBaked Seasonal VegetablesVeg: Cuban Black Bean Patties with Pineapple Cilantro RiceHalal: Beef Bulgogi	<ul style="list-style-type: none">Beef and Cabbage Stir Fry - Food CommitteeOven Potato WedgesSmoky BBQ RibsStir-Fried Seasonal VegetableVeg: Tofu and Cabbage Stir Fry - Food CommitteeHalal: Beef and Cabbage Stir Fry - Food Committee
	Seasonal Fruits & Salad					Seasonal Fruits & Salad	

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- Dinner: unlimited serving
- Salad Bar: unlimited self-serving