

**BRONTE COLLEGE WEEKLY MENU (WEEK 3 - JAN 16 - 22, 2012)**

	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>Sausage Patty</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Bagel W/ Cream Cheese</li> <li>Toast</li> <li>Breakfast Patty</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Tea Biscuit</li> <li>Toast</li> <li>Frittata</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Toast</li> <li>Bacon</li> <li>Hard-Boiled Egg</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Eggo Waffles</li> <li>Toast</li> <li>Eggs</li> <li>Sausage</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>		
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Ravioli Alfredo W/ Mushrooms</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Pasta W/ Garlic Bread</li> <li><b>Halal:</b> Pasta W/ Garlic Bread</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Pad Thai</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Mixed Rice W/ Vegetables</li> <li><b>Halal:</b> Mixed Rice W/ Vegetables</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Taiwanese Beef Noodle Soup</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Wrap W/ Soup</li> <li><b>Halal:</b> Roast Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Nigerian Chicken</li> <li>Seasoned Rice</li> <li>Steamed Seasonal Vegetables</li> <li><b>Veg:</b> Pasta</li> <li><b>Halal:</b> Pasta</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Enchiladas</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Sandwich</li> <li><b>Halal:</b> Sandwich</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<b>(Brunch)</b>	<b>(Brunch)</b>
<b>CARVING STATION</b>	<ul style="list-style-type: none"> <li>Stewed Pork Belly In Dark Soya Sauce</li> <li>Fragrant Ginger Rice</li> <li>Steamed Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Beef Meatloaf</li> <li>Mash Potatoes</li> <li>Grilled Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Singapore Hainanese Chicken Rice</li> <li>Steamed Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Hamburger</li> <li>Home Fries</li> <li>Steamed Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>All American Roast Beef</li> <li>Herbed Pasta</li> <li>Grilled Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Sausages</li> <li>Cereal/Milk</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Butternut Squash Risotto</li> <li><b>Halal:</b> Fried Rice</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chinese Donuts</li> <li>Cereal/Milk</li> <li>Stir Fried Seasonal Vegetable</li> <li><b>Veg:</b> Sandwich</li> <li><b>Halal:</b> Thai Rice W/ Vegetables</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>
<b>SANDWICH BAR</b>	<ul style="list-style-type: none"> <li>Beef</li> <li>Soup: Creamy Cheddar</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Turkey</li> <li>Soup: Mexican Mushroom</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Ham</li> <li>Soup: Matzo Ball</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Egg</li> <li>Soup: Chicken Noodle</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Seasoned Tilapia</li> <li>Soup: East Hampton Clam Chowder</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>		
<b>SALAD BAR</b>	<ul style="list-style-type: none"> <li>Corn Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Cold Herbed Pasta Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Potato Salad</li> <li>Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Bean Salad</li> <li>Iceberg</li> </ul>		
<b>DINNER</b>	<ul style="list-style-type: none"> <li>Tandoori Spiced Chicken</li> <li>Garlic Butter Rice</li> <li>Pot Roast</li> <li>Stir Fried Seasonal Vegetables</li> <li><b>Veg:</b> Mixed Rice</li> <li><b>Halal:</b> Seasoned Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Jambalaya</li> <li>Bbq Ribs</li> <li>Potato Wedges</li> <li>Steamed Seasonal Vegetables</li> <li><b>Veg:</b> Fried Noodles</li> <li><b>Halal:</b> Baked Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Cacciatore</li> <li>Beef Satay</li> <li>Spaghetti &amp; Herbs</li> <li>Onion Rice</li> <li>Grilled Seasonal Vegetables</li> <li><b>Veg:</b> Steamed Fish</li> <li><b>Halal:</b> Thai Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Picata</li> <li>Brazilian Pork Ribs</li> <li>Chickpeas &amp; Rice</li> <li>Roasted Seasonal Vegetable</li> <li><b>Veg:</b> Roast Vegetables</li> <li><b>Halal:</b> Chicken W/ Herbs</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Stir-Fry W/ Basil</li> <li>Maple Salmon</li> <li>Indonesian Coconut Lemongrass Rice</li> <li><b>Veg:</b> Quesadilla</li> <li><b>Halal:</b> Roast Beef</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Beef Bourguignon</li> <li>Aloha Chicken Kababs</li> <li>Vegetables W/ Pasta</li> <li><b>Veg:</b> Bean Curd</li> <li><b>Halal:</b> Steam Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Suya-Nigerian Beef</li> <li>Parmesan Chicken</li> <li>Rice And Peas</li> <li>Steamed Seasoned Vegetable</li> <li><b>Veg:</b> Fried Rice</li> <li><b>Halal:</b> Fried Rice</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Hot Dogs</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Freshly Baked Cookies</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Pudding</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Jamaican Patties</li> <li>Milk</li> </ul>			

\*\* 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 COLLEGE WEEKLY MENU (WEEK 4 - JAN 23 - 29, 2012)

	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>Sausage Patty</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Bagel W/ Cream Cheese</li> <li>Toast</li> <li>Breakfast Patty</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Tea Biscuit</li> <li>Toast</li> <li>Frittata</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Toast</li> <li>Bacon</li> <li>Hard-Boiled Egg</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Eggo Waffles</li> <li>Toast</li> <li>Eggs</li> <li>Sausage</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>		
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Fried Glass Noodles</li> <li>Baked Seasonal Vegetable</li> <li><b>Veg:</b> Lasagna W/ Garlic Bread</li> <li><b>Halal:</b> Lasagna W/ Garlic Bread</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Korean Bi Bim Bap</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Rigatoni Pasta</li> <li><b>Halal:</b> Rigatoni Pasta</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Spanish Spiced Rubbed Chicken</li> <li>Butternut Squash Risotto</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Wrap</li> <li><b>Halal:</b> Wrap</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Moussaka</li> <li>Stir-Fried Seasonal Vegetables</li> <li><b>Veg:</b> Stir-Fried Bean Curd W/ Vegetables</li> <li><b>Halal:</b> Stir-Fried Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Herb Shrimp</li> <li>Butter Pasta</li> <li>Baked Seasonal Vegetable</li> <li><b>Veg:</b> Sandwich</li> <li><b>Halal:</b> Sandwich</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<p align="center"><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Wonton Noodle Soup</li> <li>Corned Beef Hash</li> <li>Croissants</li> <li>Hard-Boiled Eggs</li> <li>Cereal/Milk</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Pasta Primavera W/ Garlic Bread</li> <li><b>Halal:</b> Pasta Primavera W/ Garlic Bread</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<p align="center"><b>(Brunch)</b></p> <ul style="list-style-type: none"> <li>Spinach &amp; Bacon Quiche</li> <li>Omlette Chicken Rice</li> <li>Samosa</li> <li>Yogurt</li> <li>Cereal/Milk</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Fried Rice</li> <li><b>Halal:</b> Fried Rice</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>
<b>CARVING STATION</b>	<ul style="list-style-type: none"> <li>Grilled Port Tenderloin</li> <li>Baked Potatoes</li> <li>Baked Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Style Shredded Pork</li> <li>Seasoned Basmati Rice</li> <li>Steamed Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Mama's Beef Lasagna</li> <li>Garlic Bread</li> <li>Grilled Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chinese B.B.Q. Pork (Char Siew)</li> <li>Rice W/ Carrots</li> <li>Stir-Fried Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Beef Salisbury</li> <li>Baked Potato</li> <li>Baked Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>		
<b>SANDWICH BAR</b>	<ul style="list-style-type: none"> <li>Chicken</li> <li>Soup: Onion</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Ham &amp; Cheese</li> <li>Soup: Winter Melon</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Turkey</li> <li>Soup: Beef Barley</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Meatball</li> <li>Soup: Homemade Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Blackened Fish</li> <li>Soup: Carrot</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>		
<b>SALAD BAR</b>	<ul style="list-style-type: none"> <li>Corn Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Cold Herbed Pasta Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Potato Salad</li> <li>Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Bean Salad</li> <li>Iceberg</li> </ul>		
<b>DINNER</b>	<ul style="list-style-type: none"> <li>Kofta</li> <li>Pita Bread</li> <li>Chicken Carbonara</li> <li>Steamed Seasonal Vegetables</li> <li><b>Veg:</b> Risotto</li> <li><b>Halal:</b> Risotto</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Hawaiian Luau Barbecued Beef</li> <li>Roman-Style Chicken</li> <li>Macaroni &amp; Cheese</li> <li>Baked Seasonal Vegetables</li> <li><b>Veg:</b> Pasta</li> <li><b>Halal:</b> Western Sauce Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Thai Red Beef Curry</li> <li>Tumeric Rice</li> <li>Baked Tilapia</li> <li>Stir-Fried Seasonal Vegetables</li> <li><b>Veg:</b> Pizza</li> <li><b>Halal:</b> Braised Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Colombian Stewed Beef</li> <li>West African Jollof Rice</li> <li>Basmati Rice Pilaf W/ Peas</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Pasta</li> <li><b>Halal:</b> Celadon Pepper Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Baked Fish</li> <li>Indonesian Ginger Chicken</li> <li>Soft Tacos/ Wrap</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Stew</li> <li><b>Halal:</b> Soft Roast Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>		
<b>SNACK</b>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Mini Hamburger</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Assorted Cookies</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Rice Crispy</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Chinese Buns</li> <li>Milk</li> </ul>			

\*\* 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 COLLEGE WEEKLY MENU (WEEK 5 - JAN 30 - FEB 5, 2012)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Chicken Congee</li> <li>Sausage Patty</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Bagel W/ Cream Cheese</li> <li>Toast</li> <li>Hard-Boiled Egg</li> <li>Breakfast Patty</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Tea Biscuit</li> <li>Yogurt</li> <li>Frittata</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Scrambled Eggs</li> <li>Bacon</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Eggo Waffles</li> <li>English Muffins</li> <li>Eggs</li> <li>Sausage</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>		
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Indian Butter Chicken</li> <li>Cumin Basmati Rice W/ Green Peas</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Pasta</li> <li><b>Halal:</b> Pasta</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Lemon Chicken</li> <li>Brazilian White Rice</li> <li>Baked Seasonal Vegetable</li> <li><b>Veg:</b> Sandwich</li> <li><b>Halal:</b> Sandwich</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Udon Noodle Soup</li> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Wrap</li> <li><b>Halal:</b> Wrap</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Farfalle W/ Turkey Sausages, Peas And Mushrooms</li> <li>Steamed Seasonal Vegetables</li> <li><b>Veg:</b> Rigatoni Pasta</li> <li><b>Halal:</b> Stir-Fried Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Salmon W/ Lemon, Capers &amp; Rosemary</li> <li>Mashed Potatoes</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Mixed Rice W/ Vegetables</li> <li><b>Halal:</b> Mixed Rice W/ Vegetables</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<b>(Brunch)</b>	<b>(Brunch)</b>
<b>CARVING STATION</b>	<ul style="list-style-type: none"> <li>Herbed Roast Pork</li> <li>Greek Style Potatoes</li> <li>Grilled Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Jerk Beef</li> <li>Lentil Rice</li> <li>Steamed Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Peri Peri Chicken</li> <li>Creamy Au Gratin Potatoes</li> <li>Stir-Fried Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Sweet Mustard Glazed Pork Roast</li> <li>Carrot Rice</li> <li>Steamed Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Turkish Yogurt Marinated Chicken</li> <li>Baked Potato</li> <li>Grilled Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Pasta Primavera W/ Garlic Bread</li> <li><b>Halal:</b> Pasta Primavera W/ Garlic Bread</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Scrambled Eggs</li> <li>Cereal/Milk</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Fried Rice</li> <li><b>Halal:</b> Fried Rice</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>
<b>SANDWICH BAR</b>	<ul style="list-style-type: none"> <li>Turkey Wrap</li> <li>Soup: Corn</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>B.L.T.</li> <li>Soup: Golden Potato</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken</li> <li>Soup: Brazilian Canja</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Egg</li> <li>Soup: Korean Rice Cake - Duk Gook</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Tuna</li> <li>Soup: Chicken Tortilla Soup</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>		
<b>SALAD BAR</b>	<ul style="list-style-type: none"> <li>Corn Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Cold Herbed Pasta Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Potato Salad</li> <li>Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Bean Salad</li> <li>Iceberg</li> </ul>		
<b>DINNER</b>	<ul style="list-style-type: none"> <li>Old-Time Beef Stew</li> <li>Dinner Roll</li> <li>Linguine With Shrimp Scampi</li> <li>Steamed Seasonal Vegetables</li> <li><b>Veg:</b> Risotto</li> <li><b>Halal:</b> Risotto</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Buttermilk Baked Chicken</li> <li>Pork Tenderloin With Sweet Onion Sauce</li> <li>Rice And Peas</li> <li>Steamed Seasonal Vegetables</li> <li><b>Veg:</b> Pasta</li> <li><b>Halal:</b> Braised Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Honey Balsamic Ham</li> <li>Butter Rice</li> <li>Chicken Parmesan</li> <li>Stir-Fried Seasonal Vegetables</li> <li><b>Veg:</b> Pizza</li> <li><b>Halal:</b> Thai Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Malaysian Beef Rendang</li> <li>Coconut Rice</li> <li>Adobo Chicken With Ginger</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Roasted Vegetables</li> <li><b>Halal:</b> Chicken W/ Herbs</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Sushi Roll</li> <li>Miso Soup</li> <li>Vegetable Tempura</li> <li>Ethiopian Chicken</li> <li>Parsley Rice</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Stew</li> <li><b>Halal:</b> Soft Roast Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Angel Chicken Pasta</li> <li>Beef W/ Snow Peas</li> <li>Egg Fried Rice</li> <li>Baked Seasonal Vegetables</li> <li><b>Veg:</b> Stir Fried Vegetables W/ Rice</li> <li><b>Halal:</b> Soy Sauce Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Bacon Risotto</li> <li>Curry Chicken</li> <li>Naan</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Wrap</li> <li><b>Halal:</b> Chicken Wrap</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Red Bean Dessert</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Mini Hamburgers</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Fruit Cups</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Freshly Baked Cookies</li> <li>Milk</li> </ul>			

\*\* 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 COLLEGE WEEKLY MENU (WEEK 2 - FEB 6 - 12, 2012)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Chicken Congee</li> <li>Sausage Patty</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Bagel W/ Cream Cheese</li> <li>Toast</li> <li>Harsh Brown</li> <li>Breakfast Patty</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Tea Biscuit</li> <li>Yogurt</li> <li>Frittata</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Scrambled Eggs</li> <li>Bacon</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Eggo Waffles</li> <li>English Muffins</li> <li>Eggs</li> <li>Sausage</li> <li>Cereal/Milk</li> <li>Seasonal Fruits</li> </ul>		
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Russian Beef Stroganoff</li> <li>Butter Pasta</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Pasta</li> <li><b>Halal:</b> Pasta</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Beef Shawarma</li> <li>Peas &amp; Rice</li> <li>Baked Seasonal Vegetable</li> <li><b>Veg:</b> Sandwich</li> <li><b>Halal:</b> Sandwich</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Burgers</li> <li>Spanish Rice</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Wrap</li> <li><b>Halal:</b> Wrap</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Pasta Bolognese</li> <li>Garlic Bread</li> <li>Steamed Seasonal Vegetables</li> <li><b>Veg:</b> Rigatoni Pasta</li> <li><b>Halal:</b> Stir-Fried Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Baked Fish</li> <li>Moroccan Rice Pilaf</li> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Mixed Rice W/ Vegetables</li> <li><b>Halal:</b> Mixed Rice W/ Vegetables</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<b>(Brunch)</b>	<b>(Brunch)</b>
<b>CARVING STATION</b>	<ul style="list-style-type: none"> <li>Jerk Chicken</li> <li>Dirty Rice</li> <li>Steamed Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Moroccan Chicken W/ Cream</li> <li>Peas &amp; Rice</li> <li>Baked Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>B.B.Q. Pork Ribs</li> <li>Baked Potato</li> <li>Grilled Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Pot Pie</li> <li>Seasoned Rice</li> <li>Steamed Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Teriyaki</li> <li>Bean Sprout Rice</li> <li>Stir-Fried Seasonal Vegetable</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Cereal/Milk</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Pasta Primavera W/ Garlic Bread</li> <li><b>Halal:</b> Pasta Primavera W/ Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>Cereal/Milk</li> <li>Grilled Seasonal Vegetable</li> <li><b>Veg:</b> Fried Rice</li> <li><b>Halal:</b> Fried Rice</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>
<b>SANDWICH BAR</b>	<ul style="list-style-type: none"> <li>Turkey</li> <li>Soup: Peruvian Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Meatball</li> <li>Soup: Corn &amp; Egg Flower Soup</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken</li> <li>Soup: Chicken W/ Rice</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>B.L.T.</li> <li>Soup: Greek Chickpea</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Roast Beef</li> <li>Soup: Tofu</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	
<b>SALAD BAR</b>	<ul style="list-style-type: none"> <li>Corn Salad</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Cold Herbed Pasta Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Potato Salad</li> <li>Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Romaine</li> </ul>	<ul style="list-style-type: none"> <li>Bean Salad</li> <li>Iceberg</li> </ul>		
<b>DINNER</b>	<ul style="list-style-type: none"> <li>Taiwanese-Style Three Cup Chicken</li> <li>Garlic Rice</li> <li>Chinese B.B.Q. Pork</li> <li>Stir-Fried Seasonal Vegetables</li> <li><b>Veg:</b> Risotto</li> <li><b>Halal:</b> Risotto</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Beef Stew</li> <li>Crunchy Parmesan Chicken Tenders</li> <li>Mashed Potato</li> <li>Steamed Seasonal Vegetables</li> <li><b>Veg:</b> Pasta</li> <li><b>Halal:</b> Braised Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Sweet &amp; Sour Chicken</li> <li>Oven-Baked Potato Wedges</li> <li>Singapore Fried Rice</li> <li>Stir-Fried Seasonal Vegetables</li> <li><b>Veg:</b> Pizza</li> <li><b>Halal:</b> Thai Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Crackling Roast Pork</li> <li>Curry Chicken</li> <li>Mix Vegetable Rice</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Roasted Vegetables</li> <li><b>Halal:</b> Chicken W/ Herbs</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Beef Wellington</li> <li>Garlic Mashed Potato</li> <li>Parmesan Chicken Pasta</li> <li>Steamed Seasonal Vegetable</li> <li><b>Veg:</b> Stew</li> <li><b>Halal:</b> Soft Roast Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Caribbean Chicken</li> <li>Pineapple Cilantro Rice</li> <li>Beef Bulgogi</li> <li>Baked Seasonal Vegetables</li> <li><b>Veg:</b> Stir Fried Vegetables W/ Rice</li> <li><b>Halal:</b> Soy Sauce Chicken</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Marsala</li> <li>Basil Seasoned Rice</li> <li>Italian Style Pork Chops</li> <li>Stir-Fried Seasonal Vegetable</li> <li><b>Veg:</b> Wrap</li> <li><b>Halal:</b> Chicken Wrap</li> <li>Seasonal Fruits</li> <li>** Salad</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Ice Cream</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Dessert Soup</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Sweet Potato MatTang</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fruits</li> <li>Brownies</li> <li>Milk</li> </ul>			

\*\* 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