

New College Menu Breakfast

Menu Item	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	24-Feb-20	25-Feb-20	26-Feb-20	27-Feb-20	28-Feb-20	29-Feb-20	1-Mar-20
Fresh Whole Fruit	Assorted Whole Seasonal Fruits	Assorted Whole Seasonal Fruits	Assorted Whole Seasonal Fruits	Assorted Whole Seasonal Fruits	Assorted Whole Seasonal Fruits	Brunch Menu 8.30 am to 2.30 pm  Seasonal Whole Fruits, Melons, Orange and Grapefruit Wedges, Fresh Fruit Cocktail, Hard Boiled Eggs, Scrambled Eggs, Cinnamon Apple Pancakes, Tater Tots(V) Cream of Wheat(V), Congee(V) Smoked Bacon, Cold Cuts, Cheddar and Swiss Cheese Muesli Bar  10.30 am to 2.30 pm  Omelet Bar With Assorted Fillings ~ Make Your own Waffle Bar With Assorted Toppings  Entrée ~ Chef's Choice Vegan Options: Oatmeal with Chia Seeds and Raspberries, Scrambled Chickpeas Provencal, Vegetable Breakfast Fritters, Corn and Bean Sauté	Brunch Menu 8.30 am to 2.30 pm  Seasonal Whole Fruits, Melons, Orange and Grapefruit Wedges, Fresh Fruit Cocktail, Hard Boiled Eggs, Scrambled Eggs, Crepe with Smoked Ham and Cheese Sauce, Tri Tater Patty(V) Hot Oatmeal(V), Congee(V) Link Sausages, Cold Cuts, Cheddar and Swiss Cheese Muesli Bar  10.30 am to 2.30 pm  Omelet Bar With Assorted Fillings ~ Make Your own Waffle Bar With Assorted Toppings  Entrée ~ Chef's Choice Vegan Options: Brown Rice Porridge with Cranberry and Seeds, BBQ Baked Beans, Herb and Onion Polenta, Vegan Skillet Vegetables
Hot and Cold Cereal	Assorted Cold Cereals and Hot Oatmeal(V)	Assorted Cold Cereals and Cream of Wheat(V)	Assorted Cold Cereals and Hot Oatmeal(V)	Assorted Cold Cereals and Cream of Wheat (V)	Assorted Cold Cereals and Hot Oatmeal(V)		
Entrée	Hard Boiled Eggs, Banana French Toast, Spinach and Cheese Bake	Hard Boiled Eggs, Blueberry Pancakes, Scrambled Eggs	Hard Boiled Eggs, Maple French Toast, Potato and Onion Frittata(Vg)	Hard Boiled Eggs, Chocolate Chip Pancakes, Scrambled Eggs	Hard Boiled Eggs, Cinnamon French Toast, Mushroom Quiche(Vg)		
Potatoes	Potatoes O'Brian(V)	Tater Tots(V)	Home Fried Potato(V)	Tri Tater Patty(V)	Lyonnais Potato(V)		
Chef's Table Egg Dish	Over & Up	Greek Burrito(Vg)	Over & Up	Egg Sausage Muffin	Over & UP		
Vegan Options	Ginger Congee, Vegan Sausage, Vegan Corn Bread, Sautéed Mushrooms and Onions	Overnight Oatmeal with Berries, Scrambled Cauliflower Rancheros with Pinto Beans, Vegan Banana Loaf, Roasted Tomatoes	Peach Breakfast Crumble with Nutritional Yeast, Vegan Breakfast Casserole with Tofu, Vegan French Toast, Sautéed Peppers and Onions	Warm Breakfast Rice Pudding with Apples and Cinnamon, Smoke Paprika Scrambled Tempeh, Garlic Points, Oven Roasted Sweet Potatoes	Smoothie Friday, Vegan Chorizo, Date and Maple Energy Bar, Sautéed Breakfast Greens		
Breakfast Meat	Assorted Sliced Cheese, Sliced Cold Cuts, Sliced Tomato, Sliced Onions, Lettuce, Smoked Bacon	Assorted Sliced Cheese, Sliced Cold Cuts, Sliced Tomato, Sliced Onions, Lettuce, Link Sausages	Assorted Sliced Cheese, Sliced Cold Cuts, Sliced Tomato, Sliced Onions, Lettuce, Turkey Sausage	Assorted Sliced Cheese, Sliced Cold Cuts, Sliced Tomato, Sliced Onions, Lettuce, Sausage Patty	Assorted Sliced Cheese, Sliced Cold Cuts, Sliced Tomato, Sliced Onions, Lettuce, Corned Beef Hash		
Breakfast Breads and Pastries	White and Whole Wheat Sliced Bread, Assorted Rye, Ten Grain, English Muffins, Assorted Bagels, Assorted Muffins, Assorted Danish, Croissants and Scone of the Day	White and Whole Wheat Sliced Bread, Assorted Rye, Ten Grain, English Muffins, Assorted Bagels, Assorted Muffins, Assorted Danish, Croissants and Scone of the Day	White and Whole Wheat Sliced Bread, Assorted Rye, Ten Grain, English Muffins, Assorted Bagels, Assorted Muffins, Assorted Danish, Croissants and Scone of the Day	White and Whole Wheat Sliced Bread, Assorted Rye, Ten Grain, English Muffins, Assorted Bagels, Assorted Muffins, Assorted Danish, Croissants and Scone of the Day	White and Whole Wheat Sliced Bread, Assorted Rye, Ten Grain, English Muffins, Assorted Bagels, Assorted Muffins, Assorted Danish, Croissants and Scone of the Day		
Fruit Bar	Melon Wedges, Orange Wedges, Grapefruit Wedge, Seasonal Assorted Cut Fruit, Cottage Cheese, Assorted Yogurts	Melon Wedges, Orange Wedges, Grapefruit Wedge, Seasonal Assorted Cut Fruit, Cottage Cheese, Assorted Yogurts	Melon Wedges, Orange Wedges, Grapefruit Wedge, Seasonal Assorted Cut Fruit, Cottage Cheese, Assorted Yogurts	Melon Wedges, Orange Wedges, Grapefruit Wedge, Seasonal Assorted Cut Fruit, Cottage Cheese, Assorted Yogurts	Melon Wedges, Orange Wedges, Grapefruit Wedge, Seasonal Assorted Cut Fruit, Cottage Cheese, Assorted Yogurts		
Mueslii Bar	Assorted Yoghurts, Cottage Cheese, Dates, Raisins, Currants, Prunes, Cranberries, Pineapple, Flax Seeds, Sesame Seeds, Soy Beans, Sunflower Seeds, Pumpkin Seeds, Toasted Oats, Coconut, Wheat Germ, Granola Clusters, Brown Sugar, Honey	Assorted Yoghurts, Cottage Cheese, Dates, Raisins, Currants, Prunes, Cranberries, Pineapple, Flax Seeds, Sesame Seeds, Soy Beans, Sunflower Seeds, Pumpkin Seeds, Toasted Oats, Coconut, Wheat Germ, Granola Clusters, Brown Sugar, Honey	Assorted Yoghurts, Cottage Cheese, Dates, Raisins, Currants, Prunes, Cranberries, Pineapple, Flax Seeds, Sesame Seeds, Soy Beans, Sunflower Seeds, Pumpkin Seeds, Toasted Oats, Coconut, Wheat Germ, Granola Clusters, Brown Sugar, Honey	Assorted Yoghurts, Cottage Cheese, Dates, Raisins, Currants, Prunes, Cranberries, Pineapple, Flax Seeds, Sesame Seeds, Soy Beans, Sunflower Seeds, Pumpkin Seeds, Toasted Oats, Coconut, Wheat Germ, Granola Clusters, Brown Sugar, Honey	Assorted Yoghurts, Cottage Cheese, Dates, Raisins, Currants, Prunes, Cranberries, Pineapple, Flax Seeds, Sesame Seeds, Soy Beans, Sunflower Seeds, Pumpkin Seeds, Toasted Oats, Coconut, Wheat Germ, Granola Clusters, Brown Sugar, Honey		