**NEW ISLANDS DINING HALL**  
**Hours:**  
Monday-Friday:  
(NO BREAKFAST)  
Lunch: 10:30am-4pm  
Dinner: 4pm-8pm  
Saturday & Sunday:  
Brunch: 10am-2pm  
(Closed 2pm-4pm)  
Dinner: 4pm-8pm  
**Prices:** Breakfast: $7.00  
Lunch: $9.25  
Dinner: $11.25

**MONDAY JANUARY 22ND**  
**SANTA CATALINA PIZZA AND PASTA**  
- FETTUCCINI ALFREDO, CHICKEN AND SAUSAGE IN A CREAMY PARMESAN SAUCE  
- PIZZA DE JOUR AND CHEF’S FAVORITES  
**SANTA CATALINA MEXICAN GRILL**  
- Spicy Beef Enchiladas, Red Sauce, Sour Cream, Lettuce and Olives  
**FARMER’S MARKET**  
- Organic Local Picked Fruit  
- Fajita Style Vegetable Tacos, Vegan Chipotle Aioli, Vegan Cheese  
- Smoothie of the Day  
**SANTA ROSA GRILL**  
- New England Fish and Chips, Fries, Tartar Sauce and Lemon  
**ANACAPA SALADS**  
- Iceberg Wedge Salad with Duo of Dressing, Bacon, Lettuce, Tomatoes and Bleu Cheese  
- Baby Spinach, Coconut, Pecans, Feta, Apples and Raspberry Dressing  
- Traditional Caesar Salad  
- Southwest Crispy Chicken Salad, Black Beans, Corn, Bell Peppers, Jalapeno Ranch, Mixed Cheese, Tomatoes  
- Jolly Green Giant, Organic Greens, Broccoli, Asparagus, Edamame’s, Cucumbers, Avocado Ranch  
- Cranberry Cilantro Quinoa Salad  
**ANACAPA SOUPS**  
- Chicken Tortilla  
- Hot and Sour  
- Ginger Vegetable Tofu  
**SANTA CRUZ SWEETS**  
- Frozen Yogurt and Cookies (Lunch & Dinner)

**TUESDAY JANUARY 23RD**  
**SANTA CATALINA PIZZA AND PASTA**  
- Penne Sorento, Tomato Cream, Olives, Sundried Tomatoes, Chicken and Bell Peppers  
- Pizza de Jour and Chef’s Favorites  
**SANTA CATALINA MEXICAN GRILL**  
- Beef Tamales, House Made Salsa, Guacamole and Sour Cream  
**FARMER’S MARKET**  
- Organic Local Picked Fruit  
- Organic Brown Rice and Vegetable Teriyaki Bowl  
- Smoothie of the Day  
**SANTA ROSA GRILL**  
- Protein Lettuce Wrap, Grass Fed Beef Patty, Tomatoes, Lettuce and Cheese with Butter Lettuce  
**SUSHI**  
- Spicy Tuna and Daikon Sprout  
- California Roll, Imitation Crab, Cucumbers and Avocado with Carrots  
- Seaweed and Cucumbers with Peppers and Ahi, Sesame Dressing  
**ANACAPA SOUPS**  
- Chicken Tortilla  
- Hot and Sour  
- Ginger Vegetable Tofu  
**SANTA CRUZ SWEETS**  
- Frozen Yogurt and Cookies (Lunch & Dinner)

**WEDNESDAY JANUARY 24TH**  
**SANTA CATALINA PIZZA AND PASTA**  
- New Orleans Pasta, Cajun Sausage and Blackened Chicken, Onions, Bell Peppers and Cajun Cream Sauce
• PIZZA DE JOUR AND CHEF’S FAVORITES
SANTA CATALINA MEXICAN GRILL
• BAJA CRISPY FISH TACO, AVOCADO SALSA, ANCHO AIOLI, COLESLAW
FARMER’S MARKET
• ORGANIC Pears and APPLES
• SAVORY MUSHROOM AND ORGANIC BROWN RICE BROTH BOWL, GARLIC, ONIONS, TOFU AND SOY CHICKEN
SANTA ROSA GRILL
• CHICKEN BREAST FRITTER ON CIABATTA WITH SautéED MUSHROOMS, ONIONS, PEPPER JACK AND A1 AIOLI
ANACAPA SALADS
• ICEBERG WEDGE SALAD WITH DUO OF DRESSING, BACON, LETTUCE, TOMATOES AND BLEU CHEESE
• BABY SPINACH, COCONUT, PECANS, FETA, APPLES AND RASPBERRY DRESSING
• TRADITIONAL CAESAR SALAD
• SOUTHWEST CRISPY CHICKEN SALAD, BLACK BEANS, CORN, BELL PEPPERS, JALAPENO RANCH, MIXED CHEESE, TOMATOES
• JOLLY GREEN GIANT, ORGANIC GREENS, BROCCOLI, ASPARAGUS, EDAMAME’S, CUCUMBERS, AVOCADO RANCH
• CRANBERRY CILANTRO QUINOA SALAD
ANACAPA SOUPS
• CHICKEN TORTILLA
• SPLIT PEA WITH HAM
• CREAM OF MUSHROOM
SANTA CRUZ SWEETS
• FROZEN YOGURT AND COOKIES (LUNCH & DINNER)
THURSDAY JANUARY 25TH
SANTA CATALINA PIZZA AND PASTA
• TORTELLINI DEL CAMPO, ARTICHOKES, MUSHROOMS, SHALLOTS, SUNDRIED TOMATOES AND SAUSAGE, PESTO CREAM
• PIZZA DE JOUR AND CHEF’S FAVORITES
SANTA CATALINA MEXICAN GRILL
• TACO THURSDAY, HOUSE MARINADE CARNE ASADA AND CHICKEN, HOMEMADE SALSA
FARMER’S MARKET
• ORGANIC FRUITS
• HUMMUS GRILLED CHEESE ON GLUTEN FREE BREAD (NOT VEGAN), SPROUTS, SWISS, ROASTED PEPPERS, LEMON GARLIC VEGANISE
• SMOOTHIE OF THE DAY
SANTA ROSA GRILL
• BBQ PORK STEAM BUNS, SWEET CHINESE BBQ SAUCE, PORK AND STEAMED BUN
ANACAPA SALADS
• ICEBERG WEDGE SALAD WITH DUO OF DRESSING, BACON, LETTUCE, TOMATOES AND BLEU CHEESE
• BABY SPINACH, COCONUT, PECANS, FETA, APPLES AND RASPBERRY DRESSING
• TRADITIONAL CAESAR SALAD
• SOUTHWEST CRISPY CHICKEN SALAD, BLACK BEANS, CORN, BELL PEPPERS, JALAPENO RANCH, MIXED CHEESE, TOMATOES
• JOLLY GREEN GIANT, ORGANIC GREENS, BROCCOLI, ASPARAGUS, EDAMAME’S, CUCUMBERS, AVOCADO RANCH
• CRANBERRY CILANTRO QUINOA SALAD
ANACAPA SOUPS
• CHICKEN TORTILLA
• CREAM OF CHICKEN
• VEGETABLE TORTILLA
SANTA CRUZ SWEETS
• FROZEN YOGURT AND COOKIES (LUNCH & DINNER)
FRIDAY JANUARY 26TH
SANTA CATALINA PIZZA AND PASTA
• CHEESE RAVIOLI BOLOGNESE, SAVORY MEAT SAUCE, ONIONS, GARLIC AND PEPPERS
• PIZZA DE JOUR AND CHEF’S FAVORITES
SANTA CATALINA MEXICAN GRILL
• NACHO SUPREME, GROUND PORK PASTOR, SOUR CREAM, GUACAMOLE, PICO DE GALLO, JALAPENOS
FARMER’S MARKET
• ORGANIC LOCAL PICKED FRUIT
• ORGANIC BROWN RICE AND VEGETABLE TERIYAKI BOWL
• SMOOTHIE OF THE DAY

SANTA ROSA GRILL
• BBQ PULLED BEEF AND ONION RING, Brioche Bun, Pineapple COLESLAW AND CHIPOTLE AIOLI

ANACAPA SALADS
• ICEBERG WEDGE SALAD WITH DUO OF DRESSING, BACON, LETTUCE, TOMATOES AND BLEU CHEESE
• BABY SPINACH, COCONUT, PECANS, FETA, APPLES AND RASPBERRY DRESSING
• TRADITIONAL CAESAR SALAD
• SOUTHWEST CRISPY CHICKEN SALAD, BLACK BEANS, CORN, BELL PEPPERS, JALAPENO RANCH, MIXED CHEESE, TOMATOES
• JOLLY GREEN GIANT, ORGANIC GREENS, BROCCOLI, ASPARAGUS, EDAMAME’S,
  • CUCUMBERS, AVOCADO RANCH
  • CRANBERRY CILANTRO QUINOA SALAD
  • CHICKEN TORTILLA
  • GARDEN VEGETABLE AND NOODLE
  • CLAM CHOWDER

SANTA CRUZ SWEETS
• FROZEN TREATS AND COOKIES (BRUNCH AND DINNER)

WHAM BURGER, SLICED HAM, PEPPER JACK CHEESE, JALAPENOS, LETTUCE, TOMATOES ON A CRAFT WHEAT BUN

ANACAPA SOUPS
• CHICKEN TORTILLA
• GARDEN VEGETABLE AND NOODLE
• CLAM CHOWDER

SANTA CRUZ SWEETS
• FROZEN YOGURT AND COOKIES (LUNCH & DINNER)

SATURDAY & SUNDAY
JANUARY 27TH & 28TH
FULL SERVICE BREAKFAST GRILL
• OMELET STATION
• YOGURT BAR WITH ORGANIC GRANOLA
• ASSORTED DAILY HOT ENTREES SPECIALS
• CEREAL BAR
• FULL SALAD, FRUIT AND DRESSING STATION
• WAFFLE STATION

SANTA ROSA GRILL
• CHEF’S CHOICE

ANACAPA SALADS
• CHEF’S CHOICE

FARMER’S MARKET STATION
• CHEF’S CHOICE

SANTA CRUZ SWEETS
• CHEF’S CHOICE
ISLANDS CAFE DINING HALL
Hours:
Monday – Friday:
Breakfast: 7am-10:30pm
Lunch: 10:30- 4pm
Dinner: 4pm-8pm
Saturday & Sunday:
Brunch: 10am-2pm
(Closed 2pm-4pm)
Dinner: 4pm-8pm
Prices:
Breakfast: $7.00
Lunch/Brunch: $9.25
Dinner: $11.25

MONDAY JANUARY 22ND
SAN CLEMENTE ENTREES AND SIDES
LUNCH
• CHICKEN ITALIANO, PESTO, FRESH MOZZARELLA AND TOMATOES
• VEGETABLE MEDLEY
DINNER
• BBQ BRISKET, MEMPHIS SAUCE
• SOUTHERN WHIPPED POTATOES
• BROCCOLI FLORETS
SAN NICHOLAS DELI
• Sautééd APPLES, ONIONS AND BRIE CHEESE ON A CROISSANT
SANTA ROSA BREAKFAST
• SWEET POTATO, HAM, EGG AND CHEESE BREAKFAST BURRITO
SAN MIGUEL PAN ASIAN GRILL
• ORANGE CHICKEN
• STIR FRY NOODLES
• STEAMED RICE
• POT STICKER, WONTON OR EGGROLLS
SANTA CRUZ SWEETS
• FROZEN YOGURT AND COOKIES
TUESDAY JANUARY 23RD
SAN CLEMENTE ENTREES AND SIDES
LUNCH
• TORTILLA CRUSTED TILAPIA, CITRUS CILANTRO GLAZE
• BLACK BEAN AND RICE PILAF
• SEASONED SQUASH AND PEPPERS
DINNER
“NATIONAL PIE DAY, ENJOY A VARIETY OF FRESH BAKED PIES AT DINNER TIME”
• SLOWED COOKED COUNTRY PORK ROAST, SAUTÉED APPLES, BACON, ONIONS AND MUSHROOMS
• RICE PILAF
• SAUTÉED VEGGIE MEDLEY
SAN NICHOLAS DELI
• HUMMUS, SPROUTS, TOMATOES, AVOCADO, TANDOORI AIOLI ON NAAN BREAD
SANTA ROSA BREAKFAST
• SWEET AND SOUR TEMPURA PORK WITH PINEAPPLE AND PEPPERS
• STIR FRY NOODLES
• STEAMED RICE
• POT STICKER, WONTON OR EGGROLLS
SANTA CRUZ SWEETS
• FROZEN YOGURT AND COOKIES
WEDNESDAY JANUARY 24TH
SAN CLEMENTE ENTREES AND SIDES
LUNCH
• CHICKEN FRESCO, SUNDRIED TOMATOES, ARTICHOKE, ONIONS AND PESTO CREAM SAUCE
• WILD RICE PILAF
• GREEN BEANS AND VEGETABLE MEDLEY
DINNER
• BEEF STEW, ONIONS, CARROTS, BACON AND MUSHROOMS
• BUTTERY WHIPPED POTATOES
• SAUTÉED SQUASH AND PEPPERS
SAN NICHOLAS DELI
• THE RANCH TRIO MELT, TURKEY, HAM AND ROAST BEEF WITH ORTEGA CHILI MELT WITH SWISS CHEESE AND RANCH
SANTA ROSA BREAKFAST
• SWEET POTATO, HAM, EGG AND CHEESE BREAKFAST BURRITO
SAN MIGUEL PAN ASIAN GRILL
• LEMONGRASS CHICKEN
• STIR FRY NOODLES
• STEAMED RICE
• POT STICKER, WONTON OR EGGROLLS
SANTA CRUZ SWEETS
• FROZEN YOGURT AND COOKIES
THURSDAY JANUARY 25TH
SAN CLEMENTE ENTREES AND SIDES
LUNCH
• MEAT AND SAUSAGE LASAGNA
• GARDEN VEGETABLE LASAGNA WITH PESTO
• ITALIAN STYLE VEGETABLES
DINNER
• KOREAN BEEF SHORT RIB, PICKLED GINGER AND GARLIC WITH TANGY SAUCE
• JASMINE RICE
• BROCCOLI FLORETS
SANTA ROSA BREAKFAST
• SWEET POTATO, HAM, EGG AND CHEESE BREAKFAST BURRITO
SAN NICHOLAS DELI
• THE RANCH TRIO MELT, TURKEY, HAM AND ROAST BEEF WITH ORTEGA CHILI MELT WITH SWISS CHEESE AND RANCH
SAN MIGUEL PAN ASIAN GRILL
• BEEF NOODLE BOWL, SPROUTS, CARROTS, CABBAGE, GREEN ONIONS, JALAPENOS
• STEAMED RICE
• POT STICKER, WONTON OR EGGROLLS
SANTA CRUZ SWEETS
• FROZEN YOGURT AND COOKIES

FRIDAY JANUARY 26TH
SAN CLEMENTE ENTREES AND SIDES
LUNCH
• PESTO CRUSTED SALMON, TOMATO BRUSCHETTA SALSA
• ORZO PRIMAVERA
• ITALIAN MEDLEY OF GARDEN VEGETABLES
SAN NICHOLAS DELI
• CAPRESE MELT ON FLAT BREAD, BASIL PESTO, ROASTED PEPPERS, TOMATOES, ONIONS AND FRESH MOZZARELLA

SATURDAY & SUNDAY JANUARY 27TH & 28TH
BREAKFAST
• FULL SERVICE BREAKFAST GRILL
• OMELET STATION
• YOGURT BAR WITH ORGANIC GRANOLA
• ASSORTED DAILY HOT ENTREES SPECIALS
• CEREAL BAR
• FULL SALAD, FRUIT AND DRESSING STATION
• WAFFLE STATION
• SMOOTHIE AND JUICE BAR
• CHICKEN ADOBO, SWEET SOY AND GINGER SOY
• SESAME RICE
• ASIAN VEGETABLE MEDLEY
• SHREDDED BEEF TAMALES WITH SPECIAL SALSA, SOUR CREAM AND PICO DE GALLO

SAN MIGUEL PAN ASIAN GRILL
• KUNG PAO CHICKEN
• STIR FRY NOODLES
• STEAMED RICE
• POT STICKER, WONTON OR EGGROLLS
SANTA CRUZ SWEETS
• FROZEN YOGURT AND COOKIES (LUNCH & DINNER)