

NORTH 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 OCTOBER 14TH

SANTA CATALINA PIZZA AND PASTA

- BOWTIE AND ITALIAN SAUSAGE, MUSHROOMS, BELL PEPPERS, ONIONS AND TOMATOES
- PIZZA DU JOUR AND CHEF’S FAVORITES

SANTA CATALINA MEXICAN GRILL

- CARNITAS QUESADILLA WITH BEANS, COTIJA CHEESE, CORN SALSA AND AVOCADO CREMA

FARMER’S MARKET

- SMOOTHIE OF THE DAY
- SHITAKE MUSHROOM AND ASPARAGUS TACO, ROASTED CORN PICO DE GALLO, VEGAN CHIPOTLE AIOLI
- ORGANIC BROWN RICE BOWL, GLUTEN FREE TERIYAKI SAUTÉED VEGETABLES
- VEGAN/GLUTEN FREE QUESADILLA, AVOCADO PICO DE GALLO
- VEGAN BANH MI GF WRAP, SESAME CAULIFLOWER, PICKLED CUCUMBERS, CARROTS, DAIKON SPROUTS, JALAPENOS, CILANTRO, SRIRACHA VEGAN AIOLI

SANTA ROSA GRILL

- GREEK MEATBALL HOAGIE, BELL PEPPERS, ONIONS, FETA, CUCUMBER AND LEMON YOGURT SAUCE, FRESH BAKED ROLL

ANACAPA SALADS

- GREEK SALAD, FETA, OLIVES, TOMATOES, CUCUMBERS, PEPPERS, OREGANO DRESSING
- TORTELLINI PASTA SALAD WITH CREAMY SAVORY DRESSING, APPLES, CELERY, ONIONS, BELL PEPPERS
- TRADITIONAL CAESAR SALAD
- JOLLY GREEN GIANT, ORGANIC MIX GREENS, CUCUMBERS, EDAMAME’S, ASPARAGUS, CILANTRO RANCH, TOMATOES
- KALE AND WILD RICE SLAW WITH CABBAGE AND RASPBERRY DRESSING
- CRISPY CHICKEN COBB, EGGS, BACON, BLEU CHEESE, TOMATOES, AVOCADO AND HACIENDA DRESSING

ANACAPA SOUPS

- CHICKEN TORTILLA
- POTATO, KALE
- BEEF, MUSHROOM AND RICE

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

TUESDAY OCTOBER 15TH

SANTA CATALINA PIZZA AND PASTA

- SPINACH RAVIOLI, LEMON CREAM SAUCE, GRILLED CHICKEN, ASPARAGUS AND SUNDRIED TOMATOES
- PIZZA DU JOUR AND CHEF’S FAVORITES

SANTA CATALINA MEXICAN GRILL

- PORK CARNITAS TACO NACHOS, BEANS, RICE, AVOCADO PICO DE GALLO, CREAM, CHIPOTLE NACHO CHEESE,

FARMER’S MARKET

- SMOOTHIE OF THE DAY
- SHITAKE MUSHROOM AND ASPARAGUS TACO, ROASTED CORN PICO DE GALLO, VEGAN CHIPOTLE AIOLI
- ORGANIC BROWN RICE BOWL, GLUTEN FREE TERIYAKI SAUTÉED VEGETABLES
- VEGAN/GLUTEN FREE QUESADILLA, AVOCADO PICO DE GALLO
- VEGAN BANH MI GF WRAP, SESAME CAULIFLOWER, PICKLED CUCUMBERS, CARROTS, DAIKON SPROUTS, JALAPENOS, CILANTRO, SRIRACHA VEGAN AIOLI

SANTA ROSA GRILL

- CCC, CRISPY CHICKEN PATTY, CHIPOTLE, CHEDDAR CHEESE, AVOCADO RANCH, LETTUCE AND TOMATOES ON A KAISER BUN

ANACAPA SALADS

- GREEK SALAD, FETA, OLIVES, TOMATOES, CUCUMBERS, PEPPERS, OREGANO DRESSING
- TORTELLINI PASTA SALAD WITH CREAMY SAVORY DRESSING, APPLES, CELERY, ONIONS, BELL PEPPERS
- TRADITIONAL CAESAR SALAD
- JOLLY GREEN GIANT, ORGANIC MIX GREENS, CUCUMBERS, EDAMAME’S, ASPARAGUS, CILANTRO RANCH, TOMATOES
- KALE AND WILD RICE SLAW WITH CABBAGE AND RASPBERRY DRESSING
- CRISPY CHICKEN COBB, EGGS, BACON, BLEU CHEESE, TOMATOES, AVOCADO AND HACIENDA DRESSING

ANACAPA SOUPS

- CHICKEN TORTILLA

- SESAME RICE AND CHICKEN
- MISO AND TOFU SOUP

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

WEDNESDAY OCTOBER 16TH

SANTA CATALINA PIZZA AND PASTA

- NEW ORLEANS PASTA, CAJUN SAUSAGE AND BLACKENED CHICKEN, ONIONS, BELL PEPPERS AND CAJUN CREAM SAUCE
- PIZZA DU JOUR AND CHEF’S FAVORITES

SANTA CATALINA MEXICAN GRILL

- STREET TACO WEDNESDAY, CARNE ASADA & CHICKEN OR CHILI RAJAS (VEGETARIAN), TRADITIONAL TOPPINGS

FARMER’S MARKET

- SMOOTHIE OF THE DAY
- SHITAKE MUSHROOM AND ASPARAGUS TACO, ROASTED CORN PICO DE GALLO, VEGAN CHIPOTLE AIOLI
- ORGANIC BROWN RICE BOWL, GLUTEN FREE TERIYAKI SAUTÉED VEGETABLES
- VEGAN/GLUTEN FREE QUESADILLA, AVOCADO PICO DE GALLO
- VEGAN BANH MI GF WRAP, SESAME CAULIFLOWER, PICKLED CUCUMBERS, CARROTS, DAIKON SPROUTS, JALAPENOS, CILANTRO, SRIRACHA VEGAN AIOLI

SANTA ROSA GRILL

- BBQ PORK BAO, CHINESE STEAMED BUN, SESAME GINGER SLAW AND SRIRACHA AIOLI

ANACAPA SALADS

- GREEK SALAD, FETA, OLIVES, TOMATOES, CUCUMBERS, PEPPERS, OREGANO DRESSING

- TORTELLINI PASTA SALAD WITH CREAMY SAVORY DRESSING, APPLES, CELERY, ONIONS, BELL PEPPERS
- TRADITIONAL CAESAR SALAD
- JOLLY GREEN GIANT, ORGANIC MIX GREENS, CUCUMBERS, EDAMAME'S, ASPARAGUS, CILANTRO RANCH, TOMATOES
- KALE AND WILD RICE SLAW WITH CABBAGE AND RASPBERRY DRESSING
- CRISPY CHICKEN COBB, EGGS, BACON, BLEU CHEESE, TOMATOES, AVOCADO AND HACIENDA DRESSING

ANACAPA SOUPS

- CHICKEN TORTILLA
- BROCCOLI CHEDDAR
- CHICKEN NOODLE

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

THURSDAY OCTOBER 17TH

SANTA CATALINA PIZZA AND PASTA

- TRI COLOR TORTELLINI, TOMATO CREAM SAUCE, TOMATO, BASIL, ARTICHOKE, ITALIAN SAUSAGE
- PIZZA DU JOUR AND CHEF'S FAVORITES

SANTA CATALINA MEXICAN GRILL

- ANCHO SHREDDED CHICKEN TORTA, BEANS, LETTUCE, SALSA AND COTIJA CHEESE

FARMER'S MARKET

- SMOOTHIE OF THE DAY
- SHITAKE MUSHROOM AND ASPARAGUS TACO, ROASTED CORN PICO DE GALLO, VEGAN CHIPOTLE AIOLI
- ORGANIC BROWN RICE BOWL, GLUTEN FREE TERIYAKI SAUTÉED VEGETABLES

- VEGAN/GLUTEN FREE QUESADILLA, AVOCADO PICO DE GALLO
- VEGAN BANH MI GF WRAP, SESAME CAULIFLOWER, PICKLED CUCUMBERS, CARROTS, DAIKON SPROUTS, JALAPENOS, CILANTRO, SRIRACHA VEGAN AIOLI

SANTA ROSA GRILL

- TASTY THURSDAY CHICKEN WINGS, CHOICE OF BUFFALO SAUCE OR HAWAIIAN

ANACAPA SALADS

- GREEK SALAD, FETA, OLIVES, TOMATOES, CUCUMBERS, PEPPERS, OREGANO DRESSING
- TORTELLINI PASTA SALAD WITH CREAMY SAVORY DRESSING, APPLES, CELERY, ONIONS, BELL PEPPERS
- TRADITIONAL CAESAR SALAD
- JOLLY GREEN GIANT, ORGANIC MIX GREENS, CUCUMBERS, EDAMAME'S, ASPARAGUS, CILANTRO RANCH, TOMATOES
- KALE AND WILD RICE SLAW WITH CABBAGE AND RASPBERRY DRESSING
- CRISPY CHICKEN COBB, EGGS, BACON, BLEU CHEESE, TOMATOES, AVOCADO AND HACIENDA DRESSING

ANACAPA SOUPS

- CHICKEN TORTILLA
- TURKEY RICE
- CREAM OF TOMATO AND BASIL

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

FRIDAY OCTOBER 18TH

SANTA CATALINA PIZZA AND PASTA

- FETTUCCINI ALFREDO WITH CHICKEN, MUSHROOMS AND PEPPERS

- PIZZA DU JOUR AND CHEF'S FAVORITES
- #### SANTA CATALINA MEXICAN GRILL

- CREOLE SHRIMP TOSTADA, SAUTÉED BELL PEPPERS, ONIONS AND CHILIES, LETTUCE, ROASTED CORN PICO DE GALLO, CHIPOTLE AIOLI

FARMER'S MARKET

- SMOOTHIE OF THE DAY
- SHITAKE MUSHROOM AND ASPARAGUS TACO, ROASTED CORN PICO DE GALLO, VEGAN CHIPOTLE AIOLI
- ORGANIC BROWN RICE BOWL, GLUTEN FREE TERIYAKI SAUTÉED VEGETABLES
- VEGAN/GLUTEN FREE QUESADILLA, AVOCADO PICO DE GALLO
- VEGAN BANH MI GF WRAP, SESAME CAULIFLOWER, PICKLED CUCUMBERS, CARROTS, DAIKON SPROUTS, JALAPENOS, CILANTRO, SRIRACHA VEGAN AIOLI

SANTA ROSA GRILL

- BBQ CHICKEN SANDO, ONION RINGS, HONEY MUSTARD, LETTUCE, TOMATOES CHEDDAR CHEESE ON TOASTED BRIOCHE

ANACAPA SALADS

- GREEK SALAD, FETA, OLIVES, TOMATOES, CUCUMBERS, PEPPERS, OREGANO DRESSING
- TORTELLINI PASTA SALAD WITH CREAMY SAVORY DRESSING, APPLES, CELERY, ONIONS, BELL PEPPERS
- TRADITIONAL CAESAR SALAD
- JOLLY GREEN GIANT, ORGANIC MIX GREENS, CUCUMBERS, EDAMAME'S, ASPARAGUS, CILANTRO RANCH, TOMATOES
- KALE AND WILD RICE SLAW WITH CABBAGE AND RASPBERRY DRESSING

- CRISPY CHICKEN COBB, EGGS, BACON, BLEU CHEESE, TOMATOES, AVOCADO AND HACIENDA DRESSING

ANACAPA SOUPS

- CHICKEN TORTILLA
- VEGETARIAN TORTILLA
- CLAM CHOWDER

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

SATURDAY & SUNDAY

OCTOBER 19TH & 20TH

- 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
- FROZEN TREATS AND COOKIES



SOUTH 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 OCTOBER 14TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CHICKEN FRESCO, ARTICHOKE HEARTS, SUN DRIED TOMATOES AND PESTO CREAM SAUCE
- GARLIC WHIPPED POTATOES
- VEGETABLE MEDLEY

DINNER

- SOUTHEAST MARINATED TRI TIP WITH GINGER SOY GLAZE
- SESAME RICE
- ASIAN VEGETABLE MEDLEY

SAN NICHOLAS DELI

- CAPICOLA (SPICY HAM), HONEY BAKED HAM, TOMATOES, JALAPENOS AND FRESH MOZZARELLA WITH PESTO MAYO FLAT BREAD

SANTA ROSA BREAKFAST

- WILD GRAIN BREAKFAST PATTY BAGEL SANDWICH, EGGS, CHEESE AND TOMATOES

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 OCTOBER 15TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- PAN ROASTED TILAPIA, VERA CRUZ SAUCE
- CUBAN BLACK BEANS
- CILANTRO RICE

DINNER

- POTATO AND HERB CRUSTED PORK LOIN, APPLE AND ONION REDUCTION
- BUTTERY WHIPPED POTATOES
- GREEN BEAN AND BELL PEPPER MEDLEY

SAN NICHOLAS DELI

- 3 ALARM BLT, JALAPENO BACON, PEPPER JACK AND CHIPOTLE AIOLI ON FLAT BREAD, LETTUCE, TOMATO AND BANANA PEPPER

SANTA ROSA BREAKFAST

- WILD GRAIN BREAKFAST PATTY BAGEL SANDWICH, EGGS, CHEESE AND TOMATOES

SAN MIGUEL PAN ASIAN GRILL

- KOREAN GLAZE TEMPURA PORK, BELL PEPPERS AND ONIONS
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

WEDNESDAY OCTOBER 16TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- TANDOORI MARINATED ¼ CHICKEN
- ROASTED RED POTATOES
- CARROTS, ONIONS AND EGGPLANT

DINNER

- SLOW ROASTED BBQ BEEF TIPS
- WILD RICE PILAF

- SAUTÉED VEGETABLES

SAN NICHOLAS DELI

- ROAST BEEF, PEPPER JACK, BANANA PEPPERS, ROASTED PEPPERS, HORSERADISH AIOLI ON CIABATTA

SANTA ROSA BREAKFAST

- WILD GRAIN BREAKFAST PATTY BAGEL SANDWICH, EGGS, CHEESE AND TOMATOES

SAN MIGUEL PAN ASIAN GRILL

- KUNG PAO CHICKEN AND VEGETABLES
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

THURSDAY OCTOBER 17TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- SAVORY MEAT LASAGNA
- GARDEN VEGETABLE PESTO LASAGNA
- PESTO CREAM SAUCE OR MARINARA

DINNER

- BAKED SALMON WITH LEMON DILL BEURRE BLANC
- WILD RICE PILAF
- SAUTÉED VEGETABLES

SANTA ROSA BREAKFAST

- WILD GRAIN BREAKFAST PATTY BAGEL SANDWICH, EGGS, CHEESE AND TOMATOES

SAN NICHOLAS DELI

- TURKEY AND BRIE WITH HONEY MUSTARD ON GRILLED BRIOCHE

SAN MIGUEL PAN ASIAN GRILL

- LEMONGRASS CHICKEN
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

FRIDAY OCTOBER 18TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CLASSIC CHICKEN POT PIE
- WILD MUSHROOM AND VEGETABLE POT PIE
- SOUR CREAM WHIPPED POTATOES

SAN NICHOLAS DELI

- MEDITERRANEAN FLAT BREAD, HUMMUS, SPROUTS, CUCUMBERS, TOMATOES, FETA AND YOGURT SAUCE

SANTA ROSA BREAKFAST

- WILD GRAIN BREAKFAST PATTY BAGEL SANDWICH, EGGS, CHEESE AND TOMATOES

SAN MIGUEL PAN ASIAN GRILL

- LEMONGRASS CHICKEN
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

SATURDAY & SUNDAY

OCTOBER 19TH & 20TH

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