Hot Meals
Menu
All hot meals are prepared at Islands Café and Served at Freudian Sip in the Library

Hot meals times:
Monday – Friday:
- breakfast: 7am-9:30am
- lunch: 11am-1:30pm
- dinner: 5pm-8pm
Saturday & Sunday:
- lunch/brunch: 10am-2pm
- dinner: 4pm-8pm

Retail prices:
- breakfast: $7.00
- lunch/brunch: $9.25
- dinner: $11.25

MONDAY OCTOBER 19TH
BREAKFAST
STEAK AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN: VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE
LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES
DINNER
CHICKEN CAPRESE, BREADED CHICKEN, LAYERED WITH TOMATOES, FRESH MOZZARELLA AND A TOMATO PESTO SAUCE, RICE PILAF, GARLIC VEGETABLES
OR VEGETARIAN:
CHICKEN CAPRESE, (VEGETABLE CHICKEN), LAYERED WITH TOMATOES, FRESH MOZZARELLA AND A TOMATO PESTO SAUCE, RICE PILAF, GARLIC VEGETABLES

TUESDAY OCTOBER 20TH
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES
LUNCH
TURKEY, SWISS AND BACON MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES
OR VEGETARIAN:
GRILLED VEGETABLE PESTO MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES
DINNER
BBQ ½ ROASTED CHICKEN WITH HERB SAUCE, ROASTED POTATOES, SautéED VEGETABLES
OR VEGETARIAN:
BBQ GRILLED TOFU WITH HERB SAUCE, WILD RICE, SautéED VEGETABLES

WEDNESDAY OCTOBER 21ST
BREAKFAST
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
LUNCH
NEW ORLEANS PASTA, PENNE PASTA, BLACKENED CHICKEN, CAJUN SAUSAGE, BELL PEPPERS, TOMATOES, ONIONS AND MUSHROOMS, CREOLE CREAM SAUCE
OR VEGETARIAN:
NEW ORLEANS PASTA, PENNE PASTA, ROASTED SQUASH, BELL PEPPERS, TOMATOES, ONIONS AND MUSHROOMS, CREOLE CREAM SAUCE
DINNER
SLOW SMOKED USDA PRIME TOP SIRLOIN, NATURAL HERB AU JUS, WHIPPED POTATOES AND A MEDITATION OF VEGETABLES
OR VEGETARIAN:
BRAISED VEGETARIAN BEEF, MUSHROOM GRAVY WHIPPED POTATOES AND A MEDLEY OF VEGETABLES
THURSDAY OCTOBER 22ND

BREAKFAST
BACON, SAUSAGE AND HAM OMELET, BLENDED CHEESE AND POTATOES
OR VEGETARIAN:
BROCCOLI AND MUSHROOM OMELET, BLENDED CHEESE AND POTATOES

LUNCH
TERIYAKI GLAZED CHICKEN WINGS, SESAME SEASONED FRIED RICE WITH STIR FRY VEGETABLES
OR VEGETARIAN:
TERIYAKI GLAZED TOFU, SESAME SEASONED FRIED RICE WITH STIR FRY VEGETABLES

DINNER
CARNE ASADA BURRITO, CILANTRO RICE, BEANS, CHEESE, SALSA, SERVED WITH SIDE OF SPANISH RICE AND BLACK BEANS
OR VEGETARIAN:
VEGETABLE FAJITA BURRITO, CILANTRO RICE, BEANS, CHEESE, SALSA, SERVED WITH SIDE OF SPANISH RICE AND BLACK BEANS

FRIDAY OCTOBER 23RD

BREAKFAST
BACON AND SAUSAGE EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
OR VEGETARIAN:
BROCCOLI AND EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS

LUNCH
CRISPY CHICKEN RANCH WRAP, SHAVED CABBAGE, TOMATOES, ONIONS, RICE AND CHEESE
OR VEGETARIAN:
CRISPY EGGPLANT RANCH WRAP, SHAVED CABBAGE, TOMATOES, ONIONS, RICE AND CHEESE

DINNER
GRILLED CHICKEN BREAST WITH SPINACH ARTICHOKE CREAM SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES
OR VEGETARIAN:
GRILLED GARLIC TOFU WITH SPINACH ARTICHOKE CREAM SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES

SATURDAY OCTOBER 24TH

BREAKFAST
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE
OR VEGETARIAN:
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE

LUNCH
BURRITO MOJADO, ANCHO CHICKEN, SPANISH RICE, BEANS, CHEESE, SALSA, SMOTHERED IN A ROBUST RED SAUCE
OR VEGETARIAN:
BURRITO MOJADO, FAJITA VEGETABLES, SPANISH RICE, BEANS, CHEESE, SALSA, SMOTHERED IN A ROBUST RED SAUCE

DINNER
SAVORY MEAT LASAGNA, BLEND OF CHEESE LAYERED IN NOODLES AND MARINARA, SAUTÉED ITALIAN STYLE VEGETABLES
OR VEGETARIAN:
SAVORY MEAT LASAGNA, BLEND OF CHEESE LAYERED IN NOODLES AND MARINARA, SAUTÉED ITALIAN STYLE VEGETABLES

SUNDAY OCTOBER 25TH

BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, CHEESE BLINTZ WITH WARM BERRIES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA CHEESE BLINTZ WITH WARM BERRIES, BREAKFAST POTATOES

DINNER
SAVORY MEAT LASAGNA, BLEND OF CHEESE LAYERED IN NOODLES AND MARINARA, SAUTÉED ITALIAN STYLE VEGETABLES
OR VEGETARIAN:
SAVORY MEAT LASAGNA, BLEND OF CHEESE LAYERED IN NOODLES AND MARINARA, SAUTÉED ITALIAN STYLE VEGETABLES