

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 MEDLEY
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

DINNER

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

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