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 5TH
BREAKFAST
HUEVOS RANCHEROS BURRITO EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE
OR VEGETARIAN:
HUEVOS RANCHEROS BURRITO EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE
LUNCH
SWEET AND SOUR CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
SWEET AND SOUR TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES
DINNER
CHICKEN PARMESAN, BREADED CHICKEN, LAYERED WITH TOMATOES, MOZZARELLA AND A TOMATO BASIL 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 6TH
BREAKFAST
BACON, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
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
8 HOUR ROASTED GRASS FED SIRLOIN, WHIPPED POTATOES, LOCAL FARMED VEGETABLES, NATURAL PAN SAUCE
OR VEGETARIAN:
SAUTÉED VEGETARIAN BEEF, WHIPPED POTATOES, LOCAL FARMED VEGETABLES, MUSHROOM SAUCE

WEDNESDAY OCTOBER 7TH
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
LUNCH
HAWAIIAN GLAZED CHICKEN WINGS, SESAME SEASONED FRIED RICE WITH STIR FRY VEGETABLES
OR VEGETARIAN:
HAWAIIAN GLAZED TOFU, SESAME SEASONED FRIED RICE WITH STIR FRY VEGETABLES
DINNER
BBQ ½ ROASTED CHICKEN WITH HERB SAUCE, ROASTED POTATOES, SAUTÉED VEGETABLES
OR VEGETARIAN:
BBQ GRILLED TOFU WITH HERB SAUCE, WILD RICE, SAUTÉED VEGETABLES
THURSDAY OCTOBER 8TH

BREAKFAST
STEAK AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE

LUNCH
ROAST BEEF MELT ON ARTISAN ROLL, SAUTÉED PEPPERS, ONIONS AND TOMATOES WITH SWISS, GARLIC AIOLI
OR VEGETARIAN:
VEGETARIAN CHICKEN MELT ON ARTISAN ROLL, SAUTÉED PEPPERS, ONIONS AND TOMATOES WITH SWISS, GARLIC AIOLI

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

SATURDAY OCTOBER 10TH

BREAKFAST
FRENCH TOAST BREAKFAST SANDWICH, EGGS, CHEESE, BACON ON SWEET FRENCH TOAST, BREAKFAST POTATOES
OR VEGETARIAN:
FRENCH TOAST BREAKFAST SANDWICH, EGGS, CHEESE, ON SWEET FRENCH TOAST, BREAKFAST POTATOES

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
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

SUNDAY OCTOBER 11TH

BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES

DINNER
CHICKEN VERACRUZ, TOMATOES, OLIVES, BELL PEPPERS, ONION, LIME SAUCE, CILANTRO RICE AND ANCHO SPICED VEGETABLES
OR VEGETARIAN:
TOFU VERACRUZ, TOMATOES, OLIVES, BELL PEPPERS, ONION, LIME SAUCE, CILANTRO RICE AND ANCHO SPICED VEGETABLES