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 NOVEMBER 2ND
BREAKFAST
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE
OR VEGETARIAN:
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE

LUNCH
TURKEY PATTY MELT, SWISS AND BACON, PRETZEL BUN, GARLIC AIOLI, ONIONS AND TOMATOES
OR VEGETARIAN:
GRILLED VEGETABLE PESTO MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES

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 NOVEMBER 3RD
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES

LUNCH
CARNE ASADA STREET TACOS, ONIONS, CILANTRO, SALSA, SPANISH RICE AND CUMIN BLACK BEANS
OR VEGETARIAN:
ROASTED VEGETABLE STREET TACOS, ONIONS, CILANTRO, SALSA, SPANISH RICE AND CUMIN BLACK BEANS

DINNER
NEW ORLEANS PASTA, PENNE PASTA, BLACKENED CHICKEN, CAJUN SAUSAGE, BELL PEPPERS, TOMATOES, ONIONS AND MUSHROOMS, CREOLE CREAM SAUCE
OR VEGETARIAN:
BRAISED VEGETARIAN BEEF, MUSHROOM GRAVY WHIPPED POTATOES AND A MEDLEY OF VEGETABLES

WEDNESDAY NOVEMBER 4TH
BREAKFAST
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES

LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

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 NOVEMBER 5TH

BREAKFAST
SUNRISE BREAKFAST SANDWICH, EGGS, CHEESE, HAM ON SOURDOUGH, TATER TOTS OR VEGETARIAN:
SUNRISE BREAKFAST SANDWICH, EGGS, CHEESE ON SOURDOUGH, TATER TOTS

LUNCH
PORK CARNITAS TORTA, BEANS, QUESO FRESCO, AVOCADO PICO DE GALLO ON A TELERA ROLL OR VEGETARIAN:
ANCHO ROASTED VEGETABLE TORTA, BEANS, QUESO FRESCO, AVOCADO PICO DE GALLO ON A TELERA ROLL

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

FRIDAY NOVEMBER 6TH

BREAKFAST
BACon, SAUSAGE AND HAM OMELET, BLENDED CHEESE AND POTATOES OR VEGETARIAN:
BROCCOLI AND MUSHROOM OMELET, BLENDED CHEESE AND 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
PENNE PASTA WITH MEATBALLS AND ITALIAN SAUSAGE IN A TOMATO BASIL SAUCE, GARLIC SCENTED VEGETABLES OR VEGETARIAN:
PENNE PASTA WITH (VEGETARIAN MEATBALLS AND ITALIAN SAUSAGE) IN A TOMATO BASIL SAUCE, GARLIC SCENTED VEGETABLES

SATURDAY NOVEMBER 7TH

BREAKFAST
CHORIZO, EGG, POTATO AND CHEESE BURRITO OR VEGETARIAN:
VEGETARIAN SAUSAGE, EGG, POTATO AND CHEESE BURRITO

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 NOVEMBER 8TH

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

DINNER
BAKED ITALIAN PASTA, CHICKEN, ITALIAN SAUSAGE AND GROUND BEEF, RICOTTA CHEESE, MARINARA BAKED WITH MOZZARELLA, SERVED WITH ITALIAN VEGETABLES OR VEGETARIAN:
BAKED ITALIAN VEGETABLE PASTA, GRILLED VEGETABLES, RICOTTA CHEESE, MARINARA BAKED WITH MOZZARELLA, SERVED WITH ITALIAN VEGETABLES