

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 SEPTEMBER 28th

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

COUNTRY FRIED CHICKEN, WHIPPED
SWEET POTATOES, SOUTHERN
VEGETABLE BLEND
OR VEGETARIAN:
COUNTRY FRIED (VEGETARIAN
CHICKEN), WHIPPED SWEET
POTATOES, SOUTHERN VEGETABLE
BLEND

TUESDAY SEPTEMBER 29th

BREAKFAST

HAM AND CHEESE EGG CROISSANT,
BUTTERY CROISSANT, HONEY GLAZED
HAM AND MELTED CHEESE, POTATO
WEDGES

OR VEGETARIAN:

EGG AND CHEESE CROISSANT,
BUTTERY CROISSANT AND MELTED
CHEESE, POTATO WEDGES

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

SANTA MARIA STYLE TRI TIP, SAUTÉED
ONIONS AND MUSHROOMS, ROASTED
POTATOES AND GARLIC VEGETABLES

OR VEGETARIAN:

MAKHANI DAL, INDIAN CURRY WITH
TOFU, LENTILS, GARBANZO BEANS,
TOMATOES, CARROTS AND ONIONS
OVER STEAMED RICE

WEDNESDAY SEPTEMBER 30th

BREAKFAST

SAUSAGE, CHEESE AND EGG BAGEL,
MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:

SAUSAGE, CHEESE AND EGG BAGEL,
MELTED CHEESE, POTATO WEDGES

LUNCH

RAVIOLI FRESCO, CHICKEN, ITALIAN
SAUSAGE, ARTICHOKE HEARTS,
TOMATOES, BELL PEPPERS, PESTO
CREAM SAUCE

OR VEGETARIAN:

RAVIOLI FRESCO, VEGETARIAN
ITALIAN SAUSAGE, ARTICHOKE
HEARTS, TOMATOES, BELL PEPPERS,
PESTO CREAM SAUCE

DINNER

SOY GINGER GLAZED GRILLED
CHICKEN, SESAME SEASONED FRIED
RICE WITH STIR FRY VEGETABLES

OR VEGETARIAN:

SOY GINGER GLAZED TOFU, SESAME
SEASONED FRIED RICE WITH STIR FRY
VEGETABLES

THURSDAY OCTOBER 1ST

BREAKFAST

BACON, SAUSAGE AND HAM
CASSEROLE, ORTEGA CHILIES,
BLENDED CHEESE AND POTATOES
OR VEGETARIAN:

BROCCOLI AND MUSHROOM
CASSEROLE WITH CHEESE AND
POTATOES

LUNCH

ITALIAN CIABATTA MELT, HAM,
MORTADELLA, SALAMI, CHEESE,
PESTO, TOMATO AND CARAMELIZED
ONION SPREAD

Or Vegetarian:

ITALIAN CIABATTA GRILLED
VEGETABLE MELT, CHEESE, PESTO,
TOMATO AND CARAMELIZED ONION
SPREAD

DINNER

CARNE ASADA FIESTA BOWL, BLACK
BEANS, SPANISH RICE, FAJITA
VEGETABLES CHEESE, SALSA
OR VEGETARIAN:
QUINOA AND VEGETABLE FAJITA
FIESTA BOWL, BLACK BEANS, SPANISH
RICE, CHEESE, SALSA

FRIDAY OCTOBER 2ND

BREAKFAST

BACON AND SAUSAGE EGG BURRITO,
POTATOES, MIXED CHEESE, TATER
TOTS

OR VEGETARIAN:

BROCCOLI AND EGG BURRITO,
POTATOES, MIXED CHEESE, TATER
TOTS

LUNCH

CRISPY BUFFALO CHICKEN PHILLY,
SAUTÉED ONIONS, PEPPERS,
TOMATOES, CHEESE

Or Vegetarian:

GRILLED BUFFALO (VEGETARIAN
CHICKEN) PHILLY, SAUTÉED ONIONS,
PEPPERS, TOMATOES, CHEESE

DINNER

GARLIC GRILLED CHICKEN BREAST
WITH LEMON GARLIC SAUCE, WILD
RICE PILAF AND SEASONED
VEGETABLES
OR VEGETARIAN:
GRILLED GARLIC TOFU WITH LEMON
GARLIC SAUCE, WILD RICE PILAF AND
SEASONED VEGETABLES

SATURDAY OCTOBER 3RD

BREAKFAST

SCRAMBLE EGGS, BACON AND
SAUSAGE, FRENCH TOAST, BREAKFAST
POTATOES

OR VEGETARIAN:

SCRAMBLE EGGS AND EXTRA FRENCH
TOAST, BREAKFAST POTATOES

DINNER

CHILI ROJA PORK ENCHILADAS,
REFRIED BEANS, FIESTA RICE
Or Vegetarian:
CHILI ROJA VEGETABLE CHEESE
ENCHILADAS, REFRIED BEANS, FIESTA
RICE

SUNDAY OCTOBER 4TH

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 MEATLOAF, KETCHUP
GLAZED, WITH PAN GRAVY, RICE
PILAF, ROASTED VEGETABLES
Or Vegetarian:
SAUTÉED (VEGAN BEEF), WITH PAN
GRAVY, RICE PILAF, ROASTED
VEGETABLES