# 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 21ST

**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 SEPTEMBER 22ND

**BREAKFAST**
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE  
**OR VEGETARIAN:** HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE  
**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 SEPTEMBER 23RD

**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 PORK SPARE RIBS, WHIPPED POTATOES AND A MEDLEY OF VEGETABLES  
**OR VEGETARIAN:** BRAISED VEGETARIAN BEEF, MUSHROOM GRAVY WHIPPED POTATOES AND A MEDLEY OF VEGETABLES
THURSDAY SEPTEMBER 24TH

BREAKFAST
BACON, SAUSAGE AND HAM QUICHE, ORTEGA CHILIES, BLENDED CHEESE AND POTATOES
OR VEGETARIAN:
BROCCOLI AND MUSHROOM QUICHE WITH 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 SEPTEMBER 25TH

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 SEPTEMBER 26TH

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

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 SEPTEMBER 27TH

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