

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