

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 14TH

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

ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES

OR VEGETARIAN:

ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

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

TUESDAY SEPTEMBER 15TH

BREAKFAST

STEAK AND POTATO EGG BURRITO, WITH CHEESE

OR VEGETARIAN:

VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE

LUNCH

BBQ CRISPY CHICKEN FLAT BREAD, CHEESE, TOMATOES, CORN, BLACK BEANS, PEPPERS AND ONIONS

OR VEGETARIAN:

BBQ (VEGETARIAN CHICKEN) FLAT BREAD, CHEESE, TOMATOES, CORN, BLACK BEANS, PEPPERS AND ONIONS

DINNER

LEMON GARLIC ½ ROASTED CHICKEN WITH HERB SAUCE, ROASTED POTATOES, SAUTÉED VEGETABLES

OR VEGETARIAN:

LEMON GARLIC GRILLED TOFU WITH HERB SAUCE, WILD RICE, SAUTÉED VEGETABLES

WEDNESDAY SEPTEMBER 16TH

BREAKFAST

ENGLISH MUFFIN, SAUSAGE, CHEESE AND EGG SANDWICH, COUNTRY POTATOES

OR VEGETARIAN:

ENGLISH MUFFIN, EGG AND CHEESE SANDWICH, COUNTRY POTATOES

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

SLOW ROASTED BBQ 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 17TH

BREAKFAST

TRIO OMELET, BACON, SAUSAGE AND HAM WITH CHEESE, COUNTRY POTATOES

Or Vegetarian:

ROASTED VEGETABLE OMELET WITH CHEESE, COUNTRY 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

CHILI ROJA PORK ENCHILADAS, REFRIED BEANS, FIESTA RICE

Or Vegetarian:

CHILI ROJA VEGETABLE CHEESE ENCHILADAS, REFRIED BEANS, FIESTA RICE

FRIDAY SEPTEMBER 18TH

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 BEEF TIPS WITH PEPPERS AND ONIONS, WHIPPED POTATOES, SEASONED VEGETABLES

Or Vegetarian:

GARLIC (VEGAN BEEF) TIPS WITH PEPPERS AND ONIONS, STEAMED RICE, SEASONED VEGETABLES

SATURDAY SEPTEMBER 19TH

BREAKFAST

SCRAMBLE EGGS, BACON AND PANCAKES, BREAKFAST POTATOES

Or Vegetarian:

SCRAMBLE EGGS AND EXTRA PANCAKES, 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

SUNDAY SEPTEMBER 20TH

BREAKFAST

SCRAMBLE EGGS, BACON AND FRENCH TOAST, BREAKFAST POTATOES

Or Vegetarian:

SCRAMBLE EGGS AND EXTRA FRENCH TOAST, BREAKFAST POTATOES

DINNER

CHICKEN CORDON BLUE, BREADED CHICKEN BREAST STUFFED WITH HAM, CHEESE AND THEN BAKED, HERB CREAM SAUCE, ROASTED POTATOES, LEMON VEGETABLES

Or Vegetarian:

GRILLED (VEGETARIAN CHICKEN) HERB CREAM SAUCE, ROASTED POTATOES, LEMON VEGETABLES