

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 7TH

BREAKFAST

- SCRAMBLE EGGS, BACON AND PANCAKES, BREAKFAST POTATOES

VEGETARIAN

- SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES

DINNER

- ANCHO CHICKEN FIESTA BOWL, SPANISH RICE, FIRE ROASTED VEGETABLES, BEANS, CHEESE, SALSA

VEGETARIAN

- ANCHO VEGETABLE FIESTA BOWL, SPANISH RICE, FIRE ROASTED VEGETABLES, BEANS, CHEESE, SALSA

TUESDAY SEPTEMBER 8TH

BREAKFAST

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

VEGETARIAN

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

LUNCH

- ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES

VEGETARIAN

- ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

DINNER

- GRILLED CHICKEN WITH SPINACH ALFREDO SAUCE, WILD RICE, SAUTÉED VEGETABLES

VEGETARIAN

- GRILLED CHICKEN WITH SPINACH ALFREDO SAUCE, WILD RICE, SAUTÉED VEGETABLES

WEDNESDAY SEPTEMBER 9TH

BREAKFAST

- BAGEL BREAKFAST SANDWICH, SAUSAGE, CHEESE AND EGG SANDWICH, COUNTRY POTATOES

VEGETARIAN

- BAGEL BREAKFAST SANDWICH, EGG AND CHEESE SANDWICH, COUNTRY POTATOES

LUNCH

- CRISPY CHICKEN RANCH WRAP, WARM FLOUR TORTILLA, RICE, ONIONS AND TOMATOES, MIXED CHEESE AND RANCH

VEGETARIAN

- CRISPY EGGPLANT RANCH WRAP, WARM FLOUR TORTILLA, RICE, ONIONS AND TOMATOES, MIXED CHEESE AND RANCH

DINNER

- SLOW ROASTED TRI TIP, BBQ BBQ SAUCE, ROASTED POTATOES, SEASONED VEGETABLES

VEGETARIAN

- RED QUINOA AND ROASTED VEGETABLE BOWL WITH GRILLED TOFU

Services

THURSDAY SEPTEMBER 10TH

BREAKFAST

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

VEGETARIAN

- ROASTED VEGETABLE OMELET WITH CHEESE, COUNTRY POTATOES

LUNCH

- TERIYAKI CHICKEN WINGS, SWEET AND TANGY SOY GLAZE, VEGETABLE FRIED RICE

VEGETARIAN

- TERIYAKI CRISPY TOFU, SWEET AND TANGY SOY GLAZE, VEGETABLE FRIED RICE

DINNER

- CHICKEN PARMESAN, MARINARA, MOZZARELLA, ITALIAN RICE PILAF, AND VEGETABLES

VEGETARIAN

- EGGPLANT PARMESAN, MARINARA, MOZZARELLA, ITALIAN RICE PILAF, AND VEGETABLES

FRIDAY SEPTEMBER 11TH

BREAKFAST

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

VEGETARIAN

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

LUNCH

- TORTELLINI FRESCO, PARMESAN BREADED CHICKEN, ONIONS, TOMATOES, BELL PEPPERS, PESTO CREAM SAUCE

VEGETARIAN

- TORTELLINI FRESCO, PARMESAN BREADED EGGPLANT, ONIONS, TOMATOES, BELL PEPPERS, PESTO CREAM SAUCE

DINNER

- BEIJING BEEF AND BROCCOLI, BELL PEPPERS AND ONIONS, STEAMED RICE AND STIR FRY VEGETABLES

VEGETARIAN

- BEIJING (VEGETARIAN BEEF) AND BROCCOLI, BELL PEPPERS AND ONIONS, STEAMED RICE AND STIR FRY VEGETABLES

SATURDAY SEPTEMBER 12TH

BREAKFAST

- SCRAMBLE EGGS, BACON AND PANCAKES, BREAKFAST POTATOES

VEGETARIAN

- SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES

DINNER

- SAVORY MEAT CANNELLONI, AND ITALIAN VEGETABLES

VEGETARIAN

- VEGETABLE PESTO CANNELLONI AND ITALIAN VEGETABLES

SUNDAY SEPTEMBER 13TH

BREAKFAST

- SCRAMBLE EGGS, BACON AND FRENCH TOAST, BREAKFAST POTATOES

VEGETARIAN

- SCRAMBLE EGGS AND EXTRA FRENCH TOAST, BREAKFAST POTATOES

DINNER

- CHICKEN ENCHILADAS, SPANISH RICE AND CUMIN BLACK BEANS

VEGETARIAN

- CHEESE ENCHILADAS, SPANISH RICE AND CUMIN BLACK BEANS

