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
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<tr>
<th><strong>THURSDAY SEPTEMBER 10TH</strong></th>
<th><strong>FRIDAY SEPTEMBER 11TH</strong></th>
<th><strong>SATURDAY SEPTEMBER 12TH</strong></th>
<th><strong>SUNDAY SEPTEMBER 13TH</strong></th>
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<td>• TRIO OMELET, BACON, SAUSAGE AND HAM WITH CHEESE, COUNTRY POTATOES VEGETARIAN</td>
<td>• BACON AND SAUSAGE EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOOTS VEGETARIAN</td>
<td>• SCRAMBLE EGGS, BACON AND PANCAKES, BREAKFAST POTATOES VEGETARIAN</td>
<td>• SCRAMBLE EGGS, BACON AND FRENCH TOAST, BREAKFAST POTATOES VEGETARIAN</td>
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<td>• ROASTED VEGETABLE OMELET WITH CHEESE, COUNTRY POTATOES</td>
<td>• BROCCOLI AND EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOOTS</td>
<td>• SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES</td>
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<td>• TERIYAKI CHICKEN WINGS, SWEET AND TANGY SOY GLAZE, VEGETABLE FRIED RICE VEGETARIAN</td>
<td>• TORTELLINI FRESCO, PARMESAN BREADED CHICKEN, ONIONS, TOMATOES, BELL PEPPERS, PESTO CREAM SAUCE VEGETARIAN</td>
<td>• SAVORY MEAT CANNELLONI, AND ITALIAN VEGETABLES</td>
<td>• CHICKEN ENCHILADAS, SPANISH RICE AND CUMIN BLACK BEANS VEGETARIAN</td>
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<td>• TERIYAKI CRISPY TOFU, SWEET AND TANGY SOY GLAZE, VEGETABLE FRIED RICE</td>
<td>• TORTELLINI FRESCO, PARMESAN BREADED EGGPLANT, ONIONS, TOMATOES, BELL PEPPERS, PESTO CREAM SAUCE</td>
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<td>• CHEESE ENCHILADAS, SPANISH RICE AND CUMIN BLACK BEANS</td>
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<td><strong>DINNER</strong></td>
<td>• BEIJING BEEF AND BROCCOLI, BELL PEPPERS AND ONIONS, STEAMED RICE AND STIR FRY VEGETABLES VEGETARIAN</td>
<td>• VEGETABLE PESTO CANNELLONI AND ITALIAN VEGETABLES</td>
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<td>• CHICKEN PARMESAN, MARINARA, MOZZARELLA, ITALIAN RICE PILAF, AND VEGETABLES VEGETARIAN</td>
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