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 DECEMBER 7TH

BREAKFAST
CHORIZO, EGG, POTATO AND CHEESE BURRITO
OR VEGETARIAN:
VEGETARIAN SAUSAGE, EGG, POTATO AND CHEESE BURRITO

LUNCH
PORK CARNITAS TORTA, BEANS, QUESO FRESCO, AVOCADO PICO DE GALLO ON A TELERA ROLL
OR VEGETARIAN:
ANCHO ROASTED VEGETABLE TORTA, BEANS, QUESO FRESCO, AVOCADO PICO DE GALLO ON A TELERA ROLL

DINNER
BBQ GRILLED CHICKEN BREAST, ROASTED CORN SALSA, RICE PILAF, GARLIC VEGETABLES
OR VEGETARIAN:
BBQ GRILLED VEGETARIAN CHICKEN BREAST, ROASTED CORN SALSA, RICE PILAF, GARLIC VEGETABLES

TUESDAY DECEMBER 8TH

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

LUNCH
TEX MEX BACON BURGER, JALAPENO BACON, PEPPER JACK CHEESE, CHIPOTLE AIOLI, LETTUCE, TOMATOES AND ONIONS
OR VEGETARIAN:
TEX MEX VEGGIE BURGER, ORTEGA CHILI, PEPPER JACK CHEESE, CHIPOTLE AIOLI, LETTUCE, TOMATOES AND ONIONS

DINNER
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

WEDNESDAY DECEMBER 9TH

BREAKFAST
2 SAUSAGE, CHEESE AND EGG ENGLISH MUFFIN, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
2 SAUSAGE, CHEESE AND EGG ENGLISH MUFFIN, MELTED CHEESE, POTATO WEDGES

LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

DINNER
SLOW SMOKED USDA PRIME TOP SIRLOIN, NATURAL HERB AU JUS, WHIPPED POTATOES AND A MEDLEY OF VEGETABLES
OR VEGETARIAN:
BRAISED VEGETARIAN BEEF, MUSHROOM GRAVY WHIPPED POTATOES AND A MEDLEY OF VEGETABLES
THURSDAY DECEMBER 9TH

BREAKFAST
SUNRISE BREAKFAST SANDWICH, EGGS, CHEESE, HAM ON SOURDOUGH, TATER TOTS
OR VEGETARIAN:
SUNRISE BREAKFAST SANDWICH, EGGS, CHEESE ON SOURDOUGH, TATER TOTS
LUNCH
SOUTHWESTERN CHICKEN, CORN AND BELL PEPPER MINI CHIMICHANGAS WITH RANCHERO SAUCE, SPANISH RICE AND CUMIN BLACK BEANS
OR VEGETARIAN:
SOUTHWESTERN VEGETARIAN, CORN AND BELL PEPPER MINI CHIMICHANGAS WITH RANCHERO SAUCE, SPANISH RICE AND CUMIN BLACK BEANS
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

FRIDAY DECEMBER 10TH

BREAKFAST
BACON, SAUSAGE AND HAM OMELET, BLENDED CHEESE AND POTATOES
OR VEGETARIAN:
BROCCOLI AND MUSHROOM OMELET, BLENDED CHEESE AND POTATOES
LUNCH
CRISPY CHICKEN RANCH HOAGIE, SHAVED CABBAGE, TOMATOES, ONIONS, RICE AND CHEESE
OR VEGETARIAN:
CRISPY EGGPLANT RANCH HOAGIE, SHAVED CABBAGE, TOMATOES, ONIONS, RICE AND CHEESE
DINNER
PENNE PASTA WITH MEATBALLS AND ITALIAN SAUSAGE IN A TOMATO BASIL SAUCE, GARLIC SCENTED VEGETABLES
OR VEGETARIAN:
PENNE PASTA WITH (VEGETARIAN MEATBALLS AND ITALIAN SAUSAGE) IN A TOMATO BASIL SAUCE, GARLIC SCENTED VEGETABLES

SATURDAY NOVEMBER 11TH
CLOSED

SUNDAY NOVEMBER 12TH
CLOSED