

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

