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 JANUARY 25TH
BREAKFAST
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
LUNCH
CRISPY BBQ CHICKEN WRAP, ROASTED CORN, BLACK BEANS, PEPPERS, CHEESE, TOMATOES, WITH CHIPOTLE MAYO
OR VEGETARIAN:
CRISPY BBQ EGGPLANT WRAP, ROASTED CORN, BLACK BEANS, CHEESE, PEPPERS, TOMATOES, WITH CHIPOTLE MAYO
DINNER
HERB ROASTED QUARTER CHICKEN, LEMON GARLIC SAUCE, ROASTED POTATOES, SAUTÉED VEGETABLES
OR VEGETARIAN:
HERB ROASTED VEGETARIAN CHICKEN, LEMON GARLIC SAUCE, ROASTED POTATOES, SAUTÉED VEGETABLES

TUESDAY JANUARY 26TH
BREAKFAST
BACON, SAUSAGE AND HAM CHEESE OMELET, BREAKFAST POTATOES
OR VEGETARIAN:
BRÓCOLI AND TOMATO CHEESE OMELET, BREAKFAST POTATOES
LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES
DINNER
NEW ORLEANS PASTA, CAJUN CREAM SAUCE, BLACKENED CHICKEN, ANDOUILLE SAUCE, BELL PEPPERS, ONIONS AND PEAS
OR VEGETARIAN:
MAKHANI DAL, INDIAN CURRY WITH TOFU, LENTILS, GARBANZO BEANS, TOMATOES, CARROTS AND ONIONS OVER STEAMED RICE

WEDNESDAY JANUARY 27TH
BREAKFAST
HAM AND CHEESE EGG CROISSANT, BUTTERY CROISSANT, HONEY GLAZED HAM AND MELTED CHEESE, TATER TOTS
OR VEGETARIAN:
EGG AND CHEESE CROISSANT, BUTTERY CROISSANT AND MELTED CHEESE, POTATO WEDGES
LUNCH
CHICKEN PARMESAN CIABATTA SANDWICH, MARINARA, MOZZARELLA, TOMATOES AND PESTO MAYO
OR VEGETARIAN:
VEGETABLE CHICKEN PARMESAN CIABATTA SANDWICH, MARINARA, MOZZARELLA, TOMATOES AND PESTO MAYO
DINNER
PRIME TOP SIRLOIN ROAST, SAUTÉED ONION AND MUSHROOMS, ROASTED POTATOES AND GARLIC VEGETABLES
OR VEGETARIAN:
MAKHANI DAL, INDIAN CURRY WITH TOFU, LENTILS, GARBANZO BEANS, TOMATOES, CARROTS AND ONIONS OVER STEAMED RICE
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>Thursday Jan. 28</td>
<td>Steak and potato egg burrito, with cheese or vegetarian; veggie sausage and potato egg burrito, with cheese</td>
<td>Sweet and sour chicken, steamed rice and sesame scented vegetables or vegetarian</td>
<td>Tortellini fresco, grilled chicken, onions, tomatoes, bell peppers, tomato basil cream sauce or vegetarian</td>
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<td>FRENCH TOAST BREAKFAST SANDWICH, EGGS, CHEESE AND SAUSAGE, COUNTRY POTATOES AND PEPPERS</td>
<td>ITALIAN CIABATTA MELT, HAM, MORTADELLA, SALAMI, CHEESE, PESTO, TOMATO AND CARAMELIZED ONION SPREAD</td>
<td>Garlic grilled chicken breast with lemon garlic sauce, wild rice pilaf and seasoned vegetables or vegetarian</td>
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<td>Friday Jan. 29</td>
<td>FRENCH TOAST BREAKFAST SANDWICH, EGGS, CHEESE AND SAUSAGE, COUNTRY POTATOES AND PEPPERS</td>
<td>ITALIAN CIABATTA MELT, HAM, MORTADELLA, SALAMI, CHEESE, PESTO, TOMATO AND CARAMELIZED ONION SPREAD</td>
<td>Pork verde enchiladas, black beans, fiesta rice or vegetarian</td>
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<td>FRENCH TOAST BREAKFAST SANDWICH, EGGS, COUNTRY POTATOES AND PEPPERS</td>
<td>FRENCH TOAST BREAKFAST SANDWICH, EGGS, COUNTRY POTATOES AND PEPPERS</td>
<td>Grilled (vegetarian chicken) herb cream sauce, roasted potatoes, lemon vegetables or vegetarian</td>
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<td>Saturday Jan. 30</td>
<td>FRENCH TOAST BREAKFAST SANDWICH, EGGS, CHEESE AND SAUSAGE, CHEESE BLINTZES WITH BERRY SAUCE, BREAKFAST POTATOES or vegetarian</td>
<td>SCRAMBLE EGGS AND EXTRA FRENCH TOAST, BREAKFAST POTATOES</td>
<td>Chicken cordon blue, breaded chicken breast stuffed with ham, cheese and then baked, herb cream sauce, roasted potatoes, lemon vegetables or vegetarian</td>
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<td>Sunday Jan. 31</td>
<td>SCRAMBLE EGGS AND EXTRA CHEESE PANCAKES, BREAKFAST POTATOES</td>
<td>CHILI ROJA VEGETABLE CHEESE ENCHILADAS, BLACK BEANS, FIESTA RICE</td>
<td>Grilled (vegetarian chicken) herb cream sauce, roasted potatoes, lemon vegetables</td>
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