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 NOVEMBER 16TH
BREAKFAST
2 ENGLISH MUFFIN, SAUSAGE, CHEESE AND EGG SANDWICH, COUNTRY POTATOES
OR VEGETARIAN:
2 ENGLISH MUFFIN, EGG AND CHEESE SANDWICH, COUNTRY POTATOES
LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES
DINNER
CHICKEN CORDON BLEU, BREADED CHICKEN BREAST STUFFED WITH HAM, CHEESE AND THEN BAKED, HERB CREAM SAUCE, ROASTED POTATOES, LEMON VEGETABLES
OR Vegetarian:
GRILLED (VEGETARIAN CHICKEN) HERB CREAM SAUCE, ROASTED POTATOES, LEMON VEGETABLES

TUESDAY NOVEMBER 17TH
BREAKFAST
CHORIZO AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE
LUNCH
TORTA TUESDAY, CARNE ASADA, QUESO FRESCO, AVOCADO PICO DE GALLO, REFRIED BEANS, LETTUCE
OR VEGETARIAN:
TORTA TUESDAY, FAJITA VEGETABLES, QUESO FRESCO, AVOCADO PICO DE GALLO, REFRIED BEANS, LETTUCE
DINNER
TORTELLINI BOLOGNESE, TRI COLOR PASTA WITH ITALIAN MEAT SAUCE, TOMATOES AND BASIL, SERVED WITH SALUTED VEGETABLES
OR VEGETARIAN:
TORTELLINI BOLOGNESE, TRI COLOR PASTA WITH ITALIAN “VEGAN” MEAT SAUCE, TOMATOES AND BASIL, SERVED WITH SALUTED VEGETABLES

WEDNESDAY NOVEMBER 18TH
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
TURKEY, SWISS AND BACON MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES
OR VEGETARIAN:
GRILLED VEGETABLE PESTO MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES
DINNER
SANTA MARIA STYLE TRI TIP, SAUTÉED ONIONS 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
THURSDAY NOVEMBER 19TH

BREAKFAST
HAM AND CHEESE EGG CROISSANT, BUTTERY CROISSANT, HONEY GLAZED HAM AND MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
EGG AND CHEESE CROISSANT, BUTTERY CROISSANT AND MELTED CHEESE, POTATO WEDGES

LUNCH
BBQ BACON CHEESEBURGER SERVED ON A PRETZEL BUN, LETTUCE, TOMATOES AND ONIONS
OR VEGETARIAN:
TERIYAKI GLAZED TOFU, SESAME SEASONED FRIED RICE WITH STIR FRY VEGETABLES

DINNER
PORK CHILI VERDE, SIMMERED DICED PORK IN A TOMATILLO SAUCE SERVED WITH CORN TORTILLAS AND A SIDE OF SPANISH RICE AND REFRIED BEANS
OR VEGETARIAN:
TOFU CHILI VERDE, SIMMERED DICED TOFU IN A TOMATILLO SAUCE SERVED WITH CORN TORTILLAS AND A SIDE OF SPANISH RICE AND REFRIED BEANS

FRIDAY NOVEMBER 20TH

BREAKFAST
BACON AND SAUSAGE EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
OR VEGETARIAN:
BROCCOLI AND EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS

LUNCH
CRISPY CHICKEN RANCH WRAP, SHAVED CABBAGE, Tomatoes, onions, rice and cheese
OR VEGETARIAN:
CRISPY EGGPLANT RANCH WRAP, SHAVED CABBAGE, Tomatoes, onions, rice and cheese

DINNER
SWEET AND SOUR CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
SWEET AND SOUR TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

SATURDAY NOVEMBER 21ST

BREAKFAST
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES

DINNER
CHICKEN FAJITA WET BURRITO, CILANTRO RICE, REFRIED BEANS, CHEESE, SALSA, SMOTHERED WITH SAVORY ANCHO SAUCE
OR VEGETARIAN:
VEGETABLE FAJITA WET BURRITO, CILANTRO RICE, REFRIED BEANS, CHEESE, SALSA, SMOTHERED WITH SAVORY ANCHO SAUCE

SUNDAY NOVEMBER 22ND

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

DINNER
SAVORY MEATLOAF, KETCHUP GLAZED, WITH PAN GRAVY, RICE PILAF, ROASTED VEGETABLES
Or Vegetarian:
SAUTÉED (VEGAN BEEF), WITH PAN GRAVY, RICE PILAF, ROASTED VEGETABLES