

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 BLUE, 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