

# 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 23<sup>RD</sup>

### BREAKFAST

STEAK AND POTATO EGG BURRITO,  
WITH CHEESE

### OR VEGETARIAN:

VEGGIE SAUSAGE AND POTATO EGG  
BURRITO, WITH CHEESE

### LUNCH

CRISPY CHICKEN BLT WRAP, SMOKED  
BACON, LETTUCE, TOMATOES,  
BLENDED CHEESE, RANCH AIOLI

### OR VEGETARIAN:

GRILLED VEGETABLE AND TOFU  
WRAP, LETTUCE, TOMATOES,  
BLENDED CHEESE, RANCH AIOLI

### DINNER

SLOW ROASTED CHICKEN WITH  
LEMON GARLIC SAUCE, WILD RICE  
PILAF AND SEASONED VEGETABLES

### OR VEGETARIAN:

GRILLED GARLIC TOFU WITH LEMON  
GARLIC SAUCE, WILD RICE PILAF AND  
SEASONED VEGETABLES

## TUESDAY NOVEMBER 24<sup>TH</sup>

### BREAKFAST

SCRAMBLE EGGS, BACON AND  
SAUSAGE, FRENCH TOAST, BREAKFAST  
POTATOES

### OR VEGETARIAN:

SCRAMBLE EGGS AND EXTRA FRENCH  
TOAST, BREAKFAST POTATOES

### LUNCH & DINNER

TURKEY FEAST,

- SLOW ROASTED TURKEY,
- PAN GRAVY, CORN BREAD
- STUFFING, MASHED POTATOES
- GREEN BEAN CASSEROLE
- BAKED SWEET POTATOES
- CRANBERRY & CITRUS STOCK
- PUMPKIN CHEESECAKE

### OR VEGETARIAN:

TURKEY FEAST,

- TOFURKY,
- VEGAN PAN GRAVY, CORN  
BREAD
- VEGAN STUFFING, MASHED  
POTATOES
- GREEN BEAN CASSEROLE
- BAKED SWEET POTATOES
- CRANBERRY & CITRUS STOCK
- VEGAN APPLE PIE

## WEDNESDAY NOVEMBER 25<sup>TH</sup>

### BREAKFAST

SUNRISE SANDWICH, EGGS, SAUSAGE  
AND CHEESE ON TOASTED  
SOURDOUGH

### OR VEGETARIAN:

SUNRISE SANDWICH, EGGS AND  
CHEESE ON TOASTED SOURDOUGH

### LUNCH

ORANGE CHICKEN, STEAMED RICE  
AND SESAME SCENTED VEGETABLES

### OR VEGETARIAN:

ORANGE TOFU, STEAMED RICE AND  
SESAME SCENTED VEGETABLES

### DINNER

TURKEY FAJITA ENCHILADAS, SALSA  
ROJA, BLENDED CHEESE, SERVED  
WITH SPANISH RICE AND BEANS

### OR VEGETARIAN:

VEGETABLE FAJITA ENCHILADAS,  
SALSA ROJA, BLENDED CHEESE,  
SERVED WITH SPANISH RICE AND  
BEANS

**THURSDAY NOVEMBER 26<sup>TH</sup>**

**\*\*\*HAPPY THANKSGIVING\*\*\***

**CLOSED**

**FRIDAY NOVEMBER 27<sup>TH</sup>**

**CLOSED**

**SATURDAY NOVEMBER 28<sup>TH</sup>**

**CLOSED**

**SUNDAY NOVEMBER 29<sup>TH</sup>**

**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 MEAT LASAGNA, BLEND OF CHEESE LAYERED IN NOODLES AND MARINARA, SAUTÉED ITALIAN STYLE VEGETABLES

**OR VEGETARIAN:**

SAVORY MEAT LASAGNA, BLEND OF CHEESE LAYERED IN NOODLES AND MARINARA, SAUTÉED ITALIAN STYLE VEGETABLES

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