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 23RD
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 24TH
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 25TH
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 26TH
***HAPPY THANKSGIVING***
CLOSED

FRIDAY NOVEMBER 27TH
CLOSED

SATURDAY NOVEMBER 28TH
CLOSED

SUNDAY NOVEMBER 29TH
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