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 FEBRUARY 1ST

BREAKFAST
CALIFORNIA SCRAMBLE, CHICKEN, TATER TOTS, BROCCOLI, CHEESE AND AVOCADO TOMATO DE GALLO
OR VEGETARIAN:
CALIFORNIA VEGGIE SCRAMBLE, PEPPERS, ONIONS, BROCCOLI, TATER TOTS, CHEESE AND AVOCADO TOMATO DE GALLO

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
CHICKEN CAPONE, BREADED CHICKEN BREAST STUFFED WITH CAPICOLA (ITALIAN 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 FEBRUARY 2ND

BREAKFAST
CHORIZO AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE

LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

DINNER
TORTELLINI BOLOGNESE, TRI COLOR PASTA WITH ITALIAN MEAT SAUCE, MEATBALLS, TOMATOES AND BASIL, SERVED WITH SALUTED VEGETABLES
OR VEGETARIAN:
TORTELLINI BOLOGNESE, TRI COLOR PASTA WITH ITALIAN “VEGAN” MEAT SAUCE, VEGAN MEATBALLS, TOMATOES AND BASIL, SERVED WITH SALUTED VEGETABLES

WEDNESDAY FEBRUARY 3RD

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
TEX MEX BACON BURGER, SMOKED BACON, PEPPER JACK CHEESE, CHIPOTLE AIOLI, LETTUCE, TOMATOES AND ONIONS
OR VEGETARIAN:
TEX MEX VEGGIE BURGER, ORTEGA CHILI, PEPPER JACK CHEESE, CHIPOTLE AIOLI, LETTUCE, TOMATOES AND ONIONS

DINNER
SANTA MARIA STYLE TRI TIP, SAUTÉED ONIONS AND MUSHROOMS, ROASTED POTATOES AND GARLIC VEGETABLES
OR VEGETARIAN:
MAKHANI DAL, INDIAN CURRY WITH TOFU, LENTILS, GARLANZO BEANS, TOMATOES, CARROTS AND ONIONS OVER STEAMED RICE
**THURSDAY FEBRUARY 4TH**

**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**
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**
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 FEBRUARY 5TH**

**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**
GRILLED CHICKEN BREAST WITH SPINACH ARTICHOKE CREAM SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES
OR VEGETARIAN:
GRILLED GARLIC TOFU WITH SPINACH ARTICHOKE CREAM SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES

**SATURDAY FEBRUARY 6TH**

**BREAKFAST**
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES

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

**SUNDAY FEBRUARY 7TH**

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

**DINNER**
CHILI ROJA CHICKEN ENCHILADAS, REFRIED BEANS, FIESTA RICE
OR VEGETARIAN:
CHILI ROJA VEGETABLE CHEESE ENCHILADAS, REFRIED BEANS, FIESTA RICE