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 15TH
BREAKFAST
CHORIZO AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE
LUNCH
KOREAN SOY GLAZED TEMPURA CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
KOREAN SOY GLAZED TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES
DINNER
CHICKEN PICCATA, BREADED CHICKEN WITH GARLIC LEMON HERB BUTTER SAUCE, RICE PILAF, SAUTÉED VEGETABLES
OR VEGETARIAN:
“VEGETARIAN” CHICKEN PICCATA, BREADED CHICKEN WITH GARLIC LEMON HERB BUTTER SAUCE, RICE PILAF, SAUTÉED VEGETABLES

TUESDAY FEBRUARY 16TH
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
CRISPY BBQ CHICKEN WRAP, ROASTED CORN, BLACK BEANS, PEPPERS, CHEESE, TOMATOES, WITH CHIPOTLE MAYO
OR VEGETARIAN:
CRISPY BBQ EGGPLANT WRAP, ROASTED CORN, BLACK BEANS, CHEESE, PEPPERS, TOMATOES, WITH CHIPOTLE MAYO
DINNER
6 HOUR BRAISED BEEF, GARLIC WHIPPED POTATOES, ROASTED VEGETABLE, SAVORY HERB GRAVY
OR VEGETARIAN:
VEGAN BRAISED BEEF, RICE PILAF, ROASTED VEGETABLE, SAVORY HERB GRAVY

WEDNESDAY FEBRUARY 17TH
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA CHEESE PANCAKES, BREAKFAST POTATOES
LUNCH
PULLED BEEF MELT ON ARTISAN ROLL, SAUTÉED PEPPERS, ONIONS AND TOMATOES WITH SWISS, GARLIC AIOLI
OR VEGETARIAN:
VEGETARIAN CHICKEN MELT ON ARTISAN ROLL, SAUTÉED PEPPERS, ONIONS AND TOMATOES WITH SWISS, GARLIC AIOLI
DINNER
PORK CARNITAS 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
**THURSDAY FEBRUARY 18TH**

**BREAKFAST**
STEAK FAJITA OMELET, ONIONS, BELL PEPPERS AND CHEESE
OR VEGETARIAN:
VEGAN STEAK FAJITA OMELET, ONIONS, BELL PEPPERS AND CHEESE

**LUNCH**
ITALIAN BREAD CHICKEN CIABATTA SANDWICH, LAYERED WITH CAPICOLA, FRESH MOZZARELLA, TOMATOES, ONIONS AND PESTO AIOLI
OR VEGETARIAN:
ITALIAN BREAD VEGETARIAN CHICKEN CIABATTA SANDWICH, LAYERED WITH CAPICOLA, VEGAN CHEESE, TOMATOES, ONIONS AND PESTO AIOLI

**DINNER**
TORTELLINI FRESCO, GRILLED CHICKEN, ONIONS, TOMATOES, BELL PEPPERS, TOMATO BASIL CREAM SAUCE
OR VEGETARIAN:
TORTELLINI FRESCO, PARMESAN BREADED EGGPLANT, ONIONS, TOMATOES, BELL PEPPERS, TOMATO BASIL CREAM SAUCE

**FRIDAY FEBRUARY 19TH**

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

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

**DINNER**
TERIYAKI BEEF KABOBS, ONIONS AND BELL PEPPERS, STEAMED RICE, SAUTÉED VEGETABLES
OR VEGETARIAN:
TERIYAKI TOFU AND VEGETABLE KABOBS, ONIONS AND BELL PEPPERS, STEAMED RICE, SAUTÉED VEGETABLES

**SATURDAY FEBRUARY 20TH**

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

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

**SUNDAY FEBRUARY 21ST**

**BREAKFAST**
SCRAMBLE EGGS, BACON AND SAUSAGE, FRENCH TOAST, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA CHEESE FRENCH TOAST, BREAKFAST POTATOES

**DINNER**
GARLIC GRILLED CHICKEN BREAST 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