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 22ND
BREAKFAST
SUNRISE BREAKFAST SANDWICH, SOURDOUGH BREAD, BACON, EGGS, CHEESE, SERVED WITH TATER TOTS
OR VEGETARIAN:
SUNRISE BREAKFAST SANDWICH, SOURDOUGH BREAD, BACON, EGGS, CHEESE, SERVED WITH TATER TOTS
LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES
DINNER
CHICKEN CAPRESE, BREADED CHICKEN, LAYERED WITH TOMATOES, FRESH MOZZARELLA AND A TOMATO PESTO SAUCE, RICE PILAF, GARLIC VEGETABLES
OR VEGETARIAN:
CHICKEN CAPRESE, (VEGETABLE CHICKEN), LAYERED WITH TOMATOES, FRESH MOZZARELLA AND A TOMATO PESTO SAUCE, RICE PILAF, GARLIC VEGETABLES

TUESDAY FEBRUARY 23RD
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA PANCAKES, 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
TACO TUESDAY, CHICKEN PASTOR, CHEESE, ONIONS, CILANTRO, SALSA, SERVED WITH SPANISH RICE AND BEANS
OR VEGETARIAN:
VEGAN TACO TUESDAY, VEGETABLE FAJITA TACOS, CHEESE, ONIONS, CILANTRO, SALSA, SERVED WITH SPANISH RICE AND BEANS

WEDNESDAY FEBRUARY 24TH
BREAKFAST
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG WEDGES, MELTED CHEESE, POTATO WEDGES
LUNCH
NEW ORLEANS PASTA, PENNE PASTA, BLACKENED CHICKEN, CAJUN SAUSAGE, BELL PEPPERS, TOMATOES, ONIONS AND MUSHROOMS, CREOLE CREAM SAUCE
OR VEGETARIAN:
NEW ORLEANS PASTA, PENNE PASTA, ROASTED SQUASH, BELL PEPPERS, TOMATOES, ONIONS AND MUSHROOMS, CREOLE CREAM SAUCE
DINNER
STEAK POT PIE, LAYERED WITH RICE PILAF, MUSHROOMS, GARLIC, ONIONS AND CARROTS IN A RICH GRAVY, TOPPED WITH A BUTTER CRUST
OR VEGETARIAN:
VEGAN STEAK POT PIE, LAYERED WITH RICE PILAF, MUSHROOMS, GARLIC, ONIONS AND CARROTS IN A RICH GRAVY, TOPPED WITH A BUTTER CRUST
THURSDAY FEBRUARY 25TH

BREAKFAST
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE
OR VEGETARIAN:
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE

LUNCH
BBQ BACON CHEESEBURGER, LETTUCE, TOMATO ONIONS, ON A BROIOCHE BUN
OR VEGETARIAN:
BBQ VEGGIE CHEESEBURGER, LETTUCE, TOMATO ONIONS, ON A BROIOCHE BUN

DINNER
CHICKEN ALFREDO STUFFED SHELLS, GRILLED CHICKEN, OVER STUFFED SHELLS WITH CREAMY ALFREDO SAUCE, ITALIAN SEASONED VEGETABLES
OR VEGETARIAN:
VEGETARIAN CHICKEN ALFREDO STUFFED SHELLS, GRILLED VEGETARIAN CHICKEN, OVER STUFFED SHELLS WITH CREAMY ALFREDO SAUCE, ITALIAN SEASONED VEGETABLES

FRIDAY FEBRUARY 26TH

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

LUNCH
BEEF TAQUITOS PLATE, CRISPY CORN TORTILLAS WITH BEEF SMOOTHENED IN SOUR CREAM, PICO DE GALLO, CHEESE, SPANISH RICE AND BEANS
OR VEGETARIAN:
VEGETARIAN FAJITA FIESTA BOWL, TOFU, SQUASH, ROASTED CORN, PEPPERS, ONIONS, WITH PICO DE GALLO, SPANISH RICE AND BEANS

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 27TH

BREAKFAST
DUO OF ENGLISH MUFFIN BREAKFAST SANDWICHES, 1 WITH BACON, EGG AND CHEESE, 1 WITH SAUSAGE, EGG AND CHEESE, SERVED WITH POTATO WEDGES
OR VEGETARIAN:
VEGGIE SAUSAGE ENGLISH MUFFIN BREAKFAST SANDWICHES, VEGGIE SAUSAGE, EGG AND CHEESE, SERVED WITH POTATO WEDGES

DINNER
BURRITO MOJADO, ANCHO CHICKEN, SPANISH RICE, BEANS, CHEESE, SALSA, SMOTHERED IN A ROBUST RED SAUCE
OR VEGETARIAN:
BURRITO MOJADO, FAJITA VEGETABLES, SPANISH RICE, BEANS, CHEESE, SALSA, SMOTHERED IN A ROBUST RED SAUCE

SUNDAY FEBRUARY 28TH

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