

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:

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 BAGEL,
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
BRIOCHE BUN

OR VEGETARIAN:

BBQ VEGGIE CHEESEBURGER,
LETTUCE, TOMATO ONIONS, ON A
BRIOCHE 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