# 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 8TH

### Breakfast
- French Toast Breakfast Sandwich, Eggs, Cheese, Bacon
- On Sweet French Toast, Breakfast Potatoes
- Or Vegetarian: French Toast Breakfast Sandwich, Eggs, Cheese, On Sweet French Toast, Breakfast Potatoes

### Lunch
- Italian Melt, Capicola (Ham), Mortadella, Salami, Swiss, Toasted Ciabatta Bread, Pesto Aioli, Onions and Tomatoes
- Or Vegetarian: Grilled Vegetable Pesto Melt, Toasted Ciabatta Bread, Pesto Aioli, Onions and Tomatoes

### Dinner
- Chicken Parmesan, Breadcrred Chicken, Layered with Tomatoes, Mozzarella and a Tomato Basil 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 9TH

### Breakfast
- Huevos Rancheros Burrito Eggs, Rice, Beans, Cheese and Ranchero Sauce
- Or Vegetarian: Huevos Rancheros Burrito Eggs, Rice, Beans, Cheese and Ranchero Sauce

### Lunch
- Benjie Crisp Chicken, Ginger Chili Sauce, Steamed Rice and Sesame Scented Vegetables
- Or Vegetarian: Benjie Crisp Chicken, Ginger Chili Sauce, Steamed Rice and Sesame Scented Vegetables

### Dinner
- Slow Roasted BBQ Pork Spare Ribs, Whipped Potatoes and a Medley of Vegetables
- Or Vegetarian: Braised Vegetarian Beef, Mushroom Gravy Whipped Potatoes and a Medley of Vegetables

## WEDNESDAY FEBRUARY 10TH

### Breakfast
- 3 Meat Omelet, Ham, Bacon and Sausage, Mix Cheese, Potato Wedges
- Or Vegetarian: Broccoli and Pepper Omelet, Mix Cheese, Potato Wedges

### Lunch
- Teriyaki Pineapple Hamburger, Brioche Bun, Swiss, Tomatoes, Onions
- Or Vegetarian: Teriyaki Pineapple Veggie Burger, Brioche Bun, Swiss, Tomatoes, Onions

### Dinner
- Chicken Pot Pie, Layered with Rice Pilaf, Chicken, Peas, Carrots in a Rich Gravy, Topped with a Butter Crust
- Or Vegetarian: Chicken Pot Pie, Layered with Rice Pilaf, Chicken, Peas, Carrots in a Rich Gravy, Topped with a Butter Crust
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<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tr>
<td>Thursday Feb 11th</td>
<td>SOUTHWESTERN SCRAMBLE, CHICKEN, CHEESE, TATER TOTS, BELL PEPPERS, ONIONS, ROASTED CORN AND PICO DE GALLO OR VEGETARIAN: SOUTHWESTERN SCRAMBLE, CHEESE, TATER TOTS, BELL PEPPERS, ONIONS, ROASTED CORN AND PICO DE GALLO</td>
<td>CRISPY CHICKEN RANCH WRAP, SHAVED CABBAGE, TOMATOES, ONIONS, RICE AND CHEESE OR VEGETARIAN: CRISPY EGGPLANT RANCH WRAP, SHAVED CABBAGE, TOMATOES, ONIONS, RICE AND CHEESE</td>
<td>BBQ ½ ROASTED CHICKEN WITH HERB SAUCE, ROASTED POTATOES, SAUTÉED VEGETABLES OR VEGETARIAN: BBQ GRILLED TOFU WITH HERB SAUCE, WILD RICE, SAUTÉED VEGETABLES</td>
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<td>Friday Feb 12th</td>
<td>BREAKFAST: SUNRISE BREAKFAST SANDWICH, SOURDOUGH, EGGS, BACON AND CHEESE WITH BREAKFAST POTATOES OR VEGETARIAN: SUNRISE BREAKFAST SANDWICH, SOURDOUGH, EGGS AND CHEESE WITH BREAKFAST POTATOES</td>
<td>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</td>
<td>DINNER: ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES OR VEGETARIAN: ORANGE CRISP TOFU, GINGER CHILI SAUCE, STEAMED RICE AND SESAME SCENTED VEGETABLES</td>
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<td>Sunday Feb 14th</td>
<td>BREAKFAST: SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES OR VEGETARIAN: SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES</td>
<td>LUNCH: CRISPY CHICKEN RANCH WRAP, SHAVED CABBAGE, TOMATOES, ONIONS, RICE AND CHEESE</td>
<td>DINNER: BEEF BARBACOA BURRITO, CILANTRO RICE, BEANS, CHEESE, SALSA, SERVED WITH SIDE OF SPANISH RICE AND BLACK BEANS OR VEGETARIAN: VEGETABLE FAJITA BURRITO, CILANTRO RICE, BEANS, CHEESE, SALSA, SERVED WITH SIDE OF SPANISH RICE AND BLACK BEANS</td>
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