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 APRIL 19TH
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
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

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

TUESDAY APRIL 20TH
BREAKFAST
STEAK, ONION, BELL PEPPER AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE

LUNCH
CHICKEN PARMESAN SANDWICH, TOASTED CIABATTA BREAD, GARLIC AIOLI, MARINARA SAUCE, ONIONS, TOMATOES & MELTED CHEESE
OR VEGETARIAN:
VEGETARIAN CHICKEN PARMESAN SANDWICH ON TOASTED CIABATTA BREAD, GARLIC AIOLI, MARINARA SAUCE, ONIONS, TOMATOES & MELTED CHEESE

DINNER
LEMON HERB BAKED BONE IN CHICKEN, GARLIC SAUCE, ROASTED POTATOES, LOCAL FARMED VEGETABLES
OR VEGETARIAN:
LEMON HERB BAKED VEGETABLE CHICKEN, GARLIC SAUCE, ROASTED POTATOES, LOCAL FARMED VEGETABLES

WEDNESDAY APRIL 21ST
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES

LUNCH
CHILI RELLENO BURRITO, STUFFED ROASTED GREEN CHILI WITH CHEESE, SPANISH RICE, REFRIED BEANS, SALSA VERDE, ONIONS, CILANTRO
OR VEGETARIAN:
CHILI RELLENO BURRITO, STUFFED ROASTED GREEN CHILI WITH CHEESE, SPANISH RICE, REFRIED BEANS, SALSA VERDE, ONIONS, CILANTRO

DINNER
SANTA MARIA STYLE TRI TIP, SAUTÉED ONIONS AND MUSHROOMS, GARLIC WHIPPED POTATOES AND GARLIC VEGETABLES
OR VEGETARIAN:
SANTA MARIA STYLE TRI TIP, SAUTÉED ONIONS AND MUSHROOMS, GARLIC WHIPPED POTATOES AND GARLIC VEGETABLES
**THURSDAY APRIL 22ND**

**BREAKFAST**
Chicken Tender and Cheese Egg Croissant, Butter Croissant, Crispy Chicken and Melted Cheese, Potato Wedges
Or Vegetarian: Egg and Cheese Croissant, Butter Croissant and Melted Cheese, Potato Wedges

**LUNCH**
Torta Thursday, Beef Barbacoa, Queso Fresco, Avocado Pico de Gallo, Refried Beans, Lettuce
Or Vegetarian: Fajita Vegetables, Queso Fresco, Avocado Pico de Gallo, Refried Beans, Lettuce

**DINNER**
Teriyaki Chicken Kabobs, Bell Peppers, Onions with Rice Pilaf and Sautéed Vegetables
Or Vegetarian: Teriyaki Tofu Kabobs, Bell Peppers, Onions with Rice Pilaf and Sautéed Vegetables

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**FRIDAY APRIL 23RD**

**BREAKFAST**
Scramble Eggs, Bacon and Sausage, Belgium Waffles, Breakfast Potatoes
Or Vegetarian: Scramble Eggs and Extra Belgium Waffles, Breakfast Potatoes

**LUNCH**
BBQ Chicken Ranch Flat Bread, Shaved Cabbage, Tomatoes, Onions, Rice and Cheese
Or Vegetarian: Crispy Eggplant Ranch Flat Bread, 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

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**SATURDAY APRIL 24TH**

**BREAKFAST**
Duo of English Muffin Sandwiches, Egg, Cheese and Sausage, Egg and Cheese and Bacon, Breakfast Potatoes
Or Vegetarian: 2 Veggie Sausage English Muffin Sandwiches, Egg and Cheese with Breakfast Potatoes

**LUNCH**
Sweet and Sour Chicken, Steamed Rice and Sesame Scented Vegetables
Or Vegetarian: Sweet and Sour Tofu, Steamed Rice and Sesame Scented Vegetables

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**SUNDAY APRIL 25TH**

**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