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 26TH
BREAKFAST
STEAK AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE
LUNCH
BEEF AND BROCCOLI, SOY GINGER SAUCE, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
VEGETARIAN BEEF AND BROCCOLI, SOY GINGER SAUCE, STEAMED RICE AND SESAME SCENTED VEGETABLES
DINNER
SPAGHETTI AND MEATBALLS, MARINARA SAUCE, SAVORY MEATBALLS WITH SAUTÉED SEASONED VEGETABLES
OR VEGETARIAN:
SPAGHETTI AND VEGETARIAN MEATBALLS, MARINARA SAUCE, SAVORY VEGETARIAN MEATBALLS WITH SAUTÉED SEASONED VEGETABLES

TUESDAY APRIL 27TH
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, STRAWBERRY PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA STRAWBERRY PANCAKES, BREAKFAST POTATOES
LUNCH
TURKEY, SWISS MELT, TOASTED SOURDOUGH BREAD, LETTUCE, ONIONS AND TOMATOES ON THE SIDE WITH FRENCH FRIES
OR VEGETARIAN:
GRILLED VEGETABLE PESTO MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES, FRENCH FRIES
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 APRIL 28TH
BREAKFAST
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
LUNCH
HAWAIIAN GLAZED CHICKEN WINGS, SESAME SEASONED FRIED RICE WITH STIR FRY VEGETABLES
OR VEGETARIAN:
HAWAIIAN GLAZED TOFU, SESAME SEASONED FRIED RICE WITH STIR FRY VEGETABLES
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
THURSDAY APRIL 29TH

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
HARRIS RANCH CHEESEBURGER, LETTUCE, TOMATO ONIONS, ON A BRIОCHE BUN, FRENCH FRIES OR VEGETARIAN:
BBQ VEGGIE CHEESEBURGER, LETTUCE, TOMATO ONIONS, ON A BRIОCHE BUN, FRENCH FRIES

DINNER
CHICKEN ALFREDO PENNE PASTA, GRILLED CHICKEN, OVER PENNE PASTA WITH CREAMY ALFREDO SAUCE, ITALIAN SEASONED VEGETABLES OR VEGETARIAN:
VEGETARIAN CHICKEN ALFREDO PENNE PASTA, GRILLED VEGETARIAN CHICKEN, OVER PENNE PASTA WITH CREAMY ALFREDO SAUCE, ITALIAN SEASONED VEGETABLES

FRIDAY APRIL 30TH

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
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

SATURDAY MAY 1ST

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:
VEGETARIAN ENGLISH MUFFIN BREAKFAST SANDWICHES, VEGETARIAN SAUSAGE, EGG AND CHEESE, SERVED WITH POTATO WEDGES

LUNCH
BBQ BEEF TIPS, SERVED OVER A BED OF RICE AND MEDLEY OF VEGETABLES OR VEGETARIAN:
VEGETARIAN BBQ BEEF TIPS, SERVED OVER A BED OF RICE AND MEDLEY OF VEGETABLES

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

SUNDAY MAY 2ND

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

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