

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 MARCH 1ST

BREAKFAST

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

LUNCH

CRISPY CHICKEN TENDER CLUB,
SPECIALTY BUN, BACON, LETTUCE,
TOMATO AND SWISS WITH GARLIC
AIOLI

OR VEGETARIAN:

VEGETARIAN CHICKEN BREAST CLUB,
SPECIALTY BUN, BACON, LETTUCE,
TOMATO AND SWISS WITH GARLIC
AIOLI

DINNER

SANTA MARIA STYLE TRI TIP, SAUTÉED
ONIONS AND MUSHROOMS, ROASTED
POTATOES AND GARLIC VEGETABLES

OR VEGETARIAN:

VEGAN BEEF, MUSHROOM AND
ONION WITH VEGETABLE MEDLEY
OVER STEAMED RICE

TUESDAY MARCH 2ND

BREAKFAST

3 MEAT OMELET, HAM, BACON AND
SAUSAGE, MIX CHEESE, POTATO
WEDGES

OR VEGETARIAN:

BROCCOLI AND PEPPER OMELET, MIX
CHEESE, POTATO WEDGES

LUNCH

BENJIE CRISP CHICKEN, GINGER CHILI
SAUCE, ORGANIC BROWN RICE AND
SESAME SCENTED VEGETABLES

OR VEGETARIAN:

BENJIE VEGETARIAN CHICKEN, GINGER
CHILI SAUCE, ORGANIC BROWN RICE
AND SESAME SCENTED VEGETABLES

DINNER

CHICKEN PARMESAN, BREADED
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

WEDNESDAY MARCH 3RD

BREAKFAST

CRISPY CHICKEN, EGG, CHEESE BAGEL,
POTATO WEDGES

OR VEGETARIAN:

VEGGIE SAUSAGE, EGG, CHEESE
BAGEL, POTATO WEDGES

LUNCH

TERIYAKI PINEAPPLE TURKEY BURGER,
BRIOCHE BUN, SWISS, TOMATOES,
ONIONS

OR VEGETARIAN:

TERIYAKI PINEAPPLE VEGGIE BURGER,
BRIOCHE BUN, SWISS, TOMATOES,
ONIONS

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

THURSDAY MARCH 4TH

BREAKFAST

STEAK AND POTATO EGG BURRITO,
WITH CHEESE, PICO DE GALLO

OR VEGETARIAN:

VEGGIE SAUSAGE AND POTATO EGG
BURRITO, WITH CHEESE, PICO DE
GALLO

LUNCH

TORTA THURSDAY, CARNE ASADA,
QUESO FRESCO, AVOCADO PICO DE
GALLO, REFRIED BEANS, LETTUCE

OR VEGETARIAN:

TORTA TUESDAY, FAJITA VEGETABLES,
QUESO FRESCO, AVOCADO PICO DE
GALLO, REFRIED BEANS, LETTUCE

DINNER

TRI COLOR CHEESE TORTELLINI,
ITALIAN SAUSAGE, MEATBALLS,
TOMATO BASIL SAUCE, SAUTÉED
GARLIC VEGETABLES

OR VEGETARIAN:

TRI COLOR CHEESE TORTELLINI
ITALIAN SAUSAGE, VEGAN
MEATBALLS, TOMATO BASIL SAUCE,
SAUTÉED GARLIC VEGETABLES

FRIDAY MARCH 5TH

BREAKFAST

SUNRISE BREAKFAST SANDWICH,
SOURDOUGH, EGGS, BACON AND
CHEESE WITH BREAKFAST POTATOES

OR VEGETARIAN:

SUNRISE BREAKFAST SANDWICH,
SOURDOUGH, EGGS AND CHEESE
WITH BREAKFAST POTATOES

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

DINNER

BBQ ½ ROASTED CHICKEN WITH HERB
SAUCE, ROASTED POTATOES,
SAUTÉED VEGETABLES

OR VEGETARIAN:

BBQ GRILLED TOFU WITH HERB
SAUCE, WILD RICE, SAUTÉED
VEGETABLES

SATURDAY MARCH 6TH

BREAKFAST

BACON AND SAUSAGE EGG BURRITO,
POTATOES, MIXED CHEESE, TATER
TOTS

Or Vegetarian:

BROCCOLI AND EGG BURRITO,
POTATOES, MIXED CHEESE, TATER
TOTS

DINNER

ORANGE CHICKEN, STEAMED RICE
AND SESAME SCENTED VEGETABLES

OR VEGETARIAN:

ORANGE CRISP TOFU, GINGER CHILI
SAUCE, STEAMED RICE AND SESAME
SCENTED VEGETABLES

SUNDAY MARCH 7TH

BREAKFAST

SCRAMBLE EGGS, BACON AND
SAUSAGE, PANCAKES, BREAKFAST
POTATOES

OR VEGETARIAN:

SCRAMBLE EGGS AND EXTRA
PANCAKES, BREAKFAST POTATOES

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