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

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**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, BRIochÉ BUN, SWISS, TOMATOES, ONIONS
OR VEGETARIAN:
TERIYAKI PINEAPPLE VEGGIE BURGER, BRIochÉ 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

LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE CRISP TOFU, GINGER CHILI SAUCE, STEAMED RICE AND SESAME SCENTED VEGETABLES

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

SUNDAY MARCH 7TH

BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRAPANCAKES, 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