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 22ND
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
TURKEY, SWISS AND BACON MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES
OR VEGETARIAN:
GRILLED VEGETABLE PESTO MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES

DINNER
ANCHO PORK ENCHILADAS, LAYERED WITH Salsa Roja, Melted Cheese, SERVED WITH REFRIED BEANS AND SPANISH RICE

TUESDAY MARCH 23RD
BREAKFAST
CHORIZO AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE

LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

DINNER
ANCHO PORK ENCHILADAS, LAYERED WITH Salsa ROJA, MELTED CHEESE, SERVED WITH REFRIED BEANS AND SPANISH RICE

WEDNESDAY MARCH 24TH
BREAKFAST
SCRAMBLE EGGS, BACON, FRENCH TOAST WITH WARM BERRIES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA CHEESE FRENCH TOAST WITH WARM BERRIES, BREAKFAST POTATOES

LUNCH
STEAK AND GARLIC HOAGIE, THINLY SLICED STEAK, SAUTÉEED ONIONS, BELL PEPPERS AND GARLIC, HERB AIOLI AND MELTED SWISS
OR VEGETARIAN:
GRILLED VEGETABLE AND GARLIC HOAGIE, MEDLEY OF GRILLED VEGETABLES, SAUTÉEED ONIONS, BELL PEPPERS AND GARLIC, HERB AIOLI AND MELTED SWISS

DINNER
HERB ROASTED WHOLE CHICKEN, LEMON ROSEMARY SAUCE, SEASONED RED POTATOES, LOCALLY FARMED VEGETABLES
OR VEGETARIAN:
HERB ROASTED AND GRILLED TOFU STEAK, LEMON ROSEMARY SAUCE, SEASONED RED POTATOES, LOCALLY FARMED VEGETABLES
THURSDAY MARCH 25TH
BRE  
TURKEY SANTA FE OMELET, ORTEGA CHILIES, JACK CHEESE, ROASTED TURKEY, SAUTÉED ONIONS AND PEPPERS, COUNTRY RED POTATOES
OR VEGETARIAN:
VEGETABLE SANTA FE OMELET, ORTEGA CHILIES, JACK CHEESE, SAUTÉED ONIONS AND PEPPERS, COUNTRY RED POTATOES
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
TERIYAKI PORK SPARERIBS, SLOW ROASTED AND GLAZED WITH SWEET AND TANGY SAUCE, RICE PILAF AND SAUTÉED VEGETABLES
OR VEGETARIAN:
TERIYAKI GLAZED VEGETARIAN CHICKEN, SLOW ROASTED AND GLAZED WITH SWEET AND TANGY SAUCE, RICE PILAF AND SAUTÉED VEGETABLES
FRIDAY MARCH 26TH
BRE  
HAM AND CHEESE EGG CROISSANT, BUTTERY CROISSANT, HONEY GLAZED HAM AND MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
EGG AND CHEESE CROISSANT, BUTTERY CROISSANT AND MELTED CHEESE, POTATO WEDGES
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
GRILLED CHICKEN CAPRESE, LAYERED WITH FRESH MOZZARELLA, TOMATO AND PESTO, MARINARA SAUCE, GARLIC WHIPPED POTATOES AND SEASONED VEGETABLES
OR VEGETARIAN:
GRILLED GARLIC TOFU LAYERED WITH FRESH MOZZARELLA, TOMATO AND PESTO, MARINARA SAUCE, GARLIC WHIPPED POTATOES AND SEASONED VEGETABLES
SATURDAY MARCH 27TH
BRE  
SCRAMBLE EGGS, BACON AND SAUSAGE, PANCAKES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA PANCAKES, BREAKFAST POTATOES
DINNER
SWEET AND SOUR CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
SWEET AND SOUR TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES
SUNDAY MARCH 28TH
BRE  
BACON AND SAUSAGE EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
OR VEGETARIAN:
BROCCOLI AND EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
DINNER
PENNE PASTA WITH MEATBALLS AND ITALIAN SAUSAGE IN A TOMATO BASIL SAUCE, GARLIC SCENTED VEGETABLES
OR VEGETARIAN:
PENNE PASTA WITH (VEGETARIAN MEATBALLS AND ITALIAN SAUSAGE) IN A TOMATO BASIL SAUCE, GARLIC SCENTED VEGETABLES