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 29TH**

**BREAKFAST**
STEAK 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**
GARLIC GRILLED CHICKEN BREAST WITH LEMON GARLIC SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES
OR VEGETARIAN:
GRILLED GARLIC TOFU WITH LEMON GARLIC SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES

**TUESDAY MARCH 30TH**

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

**LUNCH**
BBQ BACON CHEESEBURGER, LETTUCE, TOMATO ONIONS, ON A BRIOuche BUN
OR VEGETARIAN:
BBQ VEGGIE CHEESEBURGER, LETTUCE, TOMATO ONIONS, ON A BRIOuche BUN

**DINNER**
TACO TUESDAY, CHICKEN PASTOR, CHEESE, ONIONS, CILANTRO, SALSA, SERVED WITH SPANISH RICE AND BEANS
OR VEGETARIAN:
VEGAN TACO TUESDAY, VEGETABLE FAJITA TACOS, CHEESE, ONIONS, CILANTRO, SALSA, SERVED WITH SPANISH RICE AND BEANS

**“CESAR CHAVEZ DAY”**

**LUNCH/BRUNCH 10AM-2PM**
DINNER 4PM-8PM

**WEDNESDAY MARCH 31ST**

**BREAKFAST**
FRENCH TOAST SANDO, SAUSAGE, CHEESE AND EGG, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
FRENCH TOAST SANDO, SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES

**LUNCH**
BBQ BACON CHEESEBURGER, LETTUCE, TOMATO ONIONS, ON A BRIOuche BUN
OR VEGETARIAN:
BBQ VEGGIE CHEESEBURGER, LETTUCE, TOMATO ONIONS, ON A BRIOuche BUN

**DINNER**
STEAK POT PIE, LAYERED WITH RICE PILAF, MUSHROOMS, GARLIC, ONIONS AND CARROTS IN A RICH GRAVY, TOPPED WITH A BUTTER CRUST
OR VEGETARIAN:
VEGAN STEAK POT PIE, LAYERED WITH RICE PILAF, MUSHROOMS, GARLIC, ONIONS AND CARROTS IN A RICH GRAVY, TOPPED WITH A BUTTER CRUST
THURSDAY APRIL 1ST
BREAKFAST
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE
OR VEGETARIAN:
HUEVOS RANCHEROS, EGGS, RICE, BEANS, CHEESE AND RANCHERO SAUCE
LUNCH
BEEF TAQUITOS PLATE, CRISPY CORN TORTILLAS WITH BEEF SMOOTHENED IN SOUR CREAM, PICO DE GALLO, CHEESE, SPANISH RICE AND BEANS
DINNER
TERIYAKI BEEF KABOBS, BELL PEPPERS AND ONIONS, RICE PILAF, ROASTED VEGETABLES
OR VEGETARIAN:
TERIYAKI TOFU KABOBS, BELL PEPPERS AND ONIONS, RICE PILAF, ROASTED VEGETABLES

FRIDAY APRIL 2ND
BREAKFAST
BACON AND SAUSAGE EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
OR VEGETARIAN:
BROCCOLI AND EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
LUNCH
NEW ORLEANS PASTA, PENNE PASTA, BLACKENED CHICKEN, CAJUN SAUCE, BELL PEPPERS, TOMATOES, ONIONS AND MUSHROOMS, CREOLE CREAM SAUCE
OR VEGETARIAN:
NEW ORLEANS PASTA, PENNE PASTA, ROASTED SQUASH, BELL PEPPERS, TOMATOES, ONIONS AND MUSHROOMS, CREOLE CREAM SAUCE
DINNER
CHICKEN ALFREDO STUFFED SHELLS, GRILLED CHICKEN, OVER STUFFED SHELLS WITH CREAMY ALFREDO SAUCE, ITALIAN SEASONED VEGETABLES
OR VEGETARIAN:
VEGETARIAN CHICKEN ALFREDO STUFFED SHELLS, GRILLED VEGETARIAN CHICKEN, OVER STUFFED SHELLS WITH CREAMY ALFREDO SAUCE, ITALIAN SEASONED VEGETABLES

SATURDAY APRIL 3RD
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 FAJITA FIESTA BOWL, TOFU, SQUASH, ROASTED CORN, PEPPERS, ONIONS, WITH PICO DE GALLO, SPANISH RICE AND BEANS
DINNER
BURRITO MOJADO, ANCHO CHICKEN, SPANISH RICE, BEANS, CHEESE, SALSA, SMOTHERED IN A ROBUST RED SAUCE
OR VEGETARIAN:
BURRITO MOJADO, FAJITA VEGETABLES, SPANISH RICE, BEANS, CHEESE, SALSA, SMOTHERED IN A ROBUST RED SAUCE

SUNDAY APRIL 5TH
BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, CHEESE BLINTZ WITH WARM BERRIES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA CHEESE BLINTZ WITH WARM BERRIES, BREAKFAST POTATOES
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