

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
BRIOCHE BUN, FRENCH FRIES
OR VEGETARIAN:

BBQ VEGGIE CHEESEBURGER,
LETTUCE, TOMATO ONIONS, ON A
BRIOCHE 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:

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

DINNER

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

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