

# 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 5<sup>TH</sup>

### BREAKFAST

FRENCH TOAST AND EGG COMBO,  
BACON, BREAKFAST POTATOES  
OR VEGETARIAN:  
FRENCH TOAST AND EGG COMBO,  
EXTRA FRENCH TOAST, BREAKFAST  
POTATOES

### LUNCH

ITALIAN MELT, CAPICOLA (HAM),  
MORTADELLA, SALAMI, SWISS,  
TOASTED CIABATTA BREAD, PESTO  
AIOLI, ONIONS AND TOMATOES  
OR VEGETARIAN:  
GRILLED VEGETABLE PESTO MELT,  
TOASTED CIABATTA BREAD, PESTO  
AIOLI, ONIONS AND TOMATOES

### 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

## TUESDAY APRIL 6<sup>TH</sup>

### BREAKFAST

BREAKFAST ENCHILADAS EGGS, RICE,  
BEANS, CHEESE AND RANCHERO  
SAUCE  
OR VEGETARIAN:  
HUEVOS RANCHEROS BURRITO EGGS,  
RICE, BEANS, CHEESE AND RANCHERO  
SAUCE

### LUNCH

BENJIE CRISP CHICKEN, GINGER CHILI  
SAUCE, STEAMED RICE AND SESAME  
SCENTED VEGETABLES  
OR VEGETARIAN:  
BENJIE CRISP CHICKEN, GINGER CHILI  
SAUCE, STEAMED RICE AND SESAME  
SCENTED VEGETABLES

### DINNER

SLOW ROASTED TRI TIP, WHIPPED  
POTATOES AND A MEDLEY OF  
VEGETABLES  
OR VEGETARIAN:  
BRAISED VEGETARIAN BEEF,  
MUSHROOM GRAVY WHIPPED  
POTATOES AND A MEDLEY OF  
VEGETABLES

## WEDNESDAY APRIL 7<sup>TH</sup>

### BREAKFAST

3 MEAT OMELET, HAM, BACON AND  
SAUSAGE, MIX CHEESE, POTATO  
WEDGES  
OR VEGETARIAN:  
BROCCOLI AND PEPPER OMELET, MIX  
CHEESE, POTATO WEDGES

### LUNCH

TERIYAKI PINEAPPLE HAMBURGER,  
BRIOCHE BUN, SWISS, TOMATOES,  
ONIONS  
OR VEGETARIAN:  
TERIYAKI PINEAPPLE VEGGIE BURGER,  
BRIOCHE BUN, SWISS, TOMATOES,  
ONIONS

### DINNER

CHICKEN POT PIE, LAYERED WITH RICE  
PILAF, CHICKEN, PEAS, CARROTS IN A  
RICH GRAVY, TOPPED WITH A BUTTER  
CRUST  
OR VEGETARIAN:  
CHICKEN POT PIE, LAYERED WITH RICE  
PILAF, CHICKEN, PEAS, CARROTS IN A  
RICH GRAVY, TOPPED WITH A BUTTER  
CRUST

**THURSDAY APRIL 8<sup>TH</sup>**

**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**

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**

RICOTTA STUFFED SHELLS, ITALIAN  
SAUSAGE, MEATBALLS, TOMATO  
BASIL SAUCE, SAUTÉED GARLIC  
VEGETABLES

**OR VEGETARIAN:**

RICOTTA STUFFED SHELLS, VEGAN  
ITALIAN SAUSAGE, VEGAN  
MEATBALLS, TOMATO BASIL SAUCE,  
SAUTÉED GARLIC VEGETABLES

**FRIDAY APRIL 9<sup>TH</sup>**

**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 APRIL 10<sup>TH</sup>**

**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 APRIL 11<sup>TH</sup>**

**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