**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 5TH

**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, PEAS, CARROTS, MOZZARELLA, 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 6TH

**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 7TH

**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 8TH

**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 9TH

**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 10TH

**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 11TH

**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