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 MAY 3RD

BREAKFAST
SOUTHWESTERN OMELET, CHICKEN, CHEESE, , BELL PEPPERS, ONIONS, AND PICO DE GALLO, HASH BROWN CAKES
OR VEGETARIAN:
SOUTHWESTERN OMELET, CHEESE, , BELL PEPPERS, ONIONS, AND PICO DE GALLO, HASH BROWN CAKES

LUNCH
BENJIE CRISP CHICKEN, GINGER CHILI SAUCE, ORGANIC BROWN RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
BENJIE VEGETARIAN CHICKEN, GINGER CHILI SAUCE, ORGANIC BROWN RICE AND SESAME SCENTED VEGETABLES

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 MAY 4TH

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

LUNCH
3 AMIGOS, GRILLED FLAT BREAD, TURKEY, HAM AND BACON WITH MELTED CHEESE, GARLIC MAYO, LETTUCE, TOMATO AND ONIONS ON THE SIDE, SERVED WEDGES
OR VEGETARIAN:
CRISPY EGGPLANT RANCH GRILLED FLAT BREAD, MELTED CHEESE, GARLIC MAYO, LETTUCE, TOMATO AND ONIONS ON THE SIDE, SERVED WEDGES

DINNER
CHICKEN FRIED RICE, BROCCOLI, PEPPERS, ONIONS, CARROTS AND PEAS SERVED WITH STIR FRY VEGETABLES
OR VEGETARIAN:
TOFU FRIED RICE, BROCCOLI, PEPPERS, ONIONS, CARROTS AND PEAS SERVED WITH STIR FRY VEGETABLES

WEDNESDAY MAY 5TH

“CINCO DE MAYO”

BREAKFAST
CRISPY CHICKEN, EGG, CHEESE BAGEL, POTATO WEDGES
OR VEGETARIAN:
VEGGIE SAUSAGE, EGG, CHEESE BAGEL, POTATO WEDGES

LUNCH
BEEF FAJITA TORTA, QUESO FRESCO, AVOCADO PICO DE GALLO, REFRIED BEANS, LETTUCE
OR VEGETARIAN:
VEGGIE FAJITA TORTA, FAJITA VEGETABLES, QUESO FRESCO, AVOCADO PICO DE GALLO, REFRIED BEANS, LETTUCE

DINNER
CHILI VERDE, SIMMERED PORK IN A ROASTED TOMATILLO SAUCE, SERVED WITH CILANTRO RICE AND FIESTA BEANS
OR VEGETARIAN:
CHILI VERDE, SIMMERED VEGETABLE CHICKEN IN A ROASTED TOMATILLO SAUCE, SERVED WITH CILANTRO RICE AND FIESTA BEANS
THURSDAY MAY 6TH

BREAKFAST
CHORIZO AND POTATO EGG BURRITO, WITH CHEESE, PICO DE GALLO
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE, PICO DE GALLO

LUNCH
TERIYAKI PINEAPPLE SWISS BURGER, Brioche Bun, Swiss, Tomatoes, Onions, French Fries
OR VEGETARIAN:
TERIYAKI PINEAPPLE VEGGIE BURGER, Brioche Bun, Swiss, Tomatoes, Onions, French Fries

DINNER
CHEESE STUFFED SHELLS ITALIANO, ITALIAN SAUSAGE, MEATBALLS, TOMATO BASIL SAUCE, SAUTÉED GARLIC VEGETABLES
OR VEGETARIAN:
CHEESE STUFFED SHELLS ITALIANO, VEGETARIAN ITALIAN SAUSAGE, VEGAN MEATBALLS, TOMATO BASIL SAUCE, SAUTÉED GARLIC VEGETABLES

FRIDAY MAY 7TH

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

DINNER
KETCHUP GLAZED CERTIFIED ANGUS MEATLOAF, WHIPPED POTATOES, LEMON SCENTED BROCCOLI AND CARROTS
OR VEGETARIAN:
HERB BAKED VEGETABLE CHICKEN, WHIPPED POTATOES, LEMON SCENTED BROCCOLI AND CARROTS

SATURDAY MAY 8TH

BREAKFAST
BACON AND SAUSAGE EGG BURRITO, POTATOES, MIXED CHEESE, TATER TOTS
OR VEGETARIAN:
BBQ GRILLED TOFU WITH MUSHROOM SAUCE, WILD RICE, SAUTÉED VEGETABLES

LUNCH
ROASTED CHICKEN WITH MUSHROOM SAUCE, ROASTED POTATOES, SAUTÉED VEGETABLES
OR VEGETARIAN:
HERB BAKED VEGETABLE CHICKEN, WHIPPED POTATOES, LEMON SCENTED BROCCOLI AND CARROTS

DINNER
CHERRY WOOD SMOKED BBQ PORK RIBS, RICE PILAF, LOCALLY FARMED VEGETABLES
OR VEGETARIAN:
VEGETARIAN CHICKEN WITH HERB SAUCE, RICE PILAF AND LOCALLY SAUTÉED VEGETABLES

SUNDAY MAY 9TH

BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, BELGIAN WAFFLES, BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA BELGIAN WAFFLES, BREAKFAST POTATOES

DINNER
ROASTED CHICKEN WITH MUSHROOM SAUCE, ROASTED POTATOES, SAUTÉED VEGETABLES
OR VEGETARIAN:
VEGETARIAN CHICKEN WITH HERB SAUCE, RICE PILAF AND LOCALLY SAUTÉED VEGETABLES