

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 VEGGIES
VEGETABLES

OR VEGETARIAN:

TOFU FRIED RICE, BROCCOLI,
PEPPERS, ONIONS, CARROTS AND
PEAS SERVED WITH STIR FRY VEGGIES
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:

BROCCOLI AND EGG BURRITO,
POTATOES, MIXED CHEESE, TATER
TOTS

DINNER

ROASTED CHICKEN WITH MUSHROOM
SAUCE, ROASTED POTATOES,
SAUTÉED VEGETABLES

OR VEGETARIAN:

BBQ GRILLED TOFU WITH
MUSHROOM SAUCE, WILD RICE,
SAUTÉED VEGETABLES

SUNDAY MAY 9TH

BREAKFAST

SCRAMBLE EGGS, BACON AND
SAUSAGE, BELGIUM WAFFLES,
BREAKFAST POTATOES

OR VEGETARIAN:

SCRAMBLE EGGS AND EXTRA
BELGIUM WAFFLES, BREAKFAST
POTATOES

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