# 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

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### MONDAY MAY 17TH

#### BREAKFAST
CALIFORNIA SCRAMBLE, CHICKEN, TATER TOTS, BROCCOLI, CHEESE AND AVOCADO TOMATO DE GALLO, POTATO WEDGES

**OR VEGETARIAN:**
CALIFORNIA VEGGIE SCRAMBLE, PEPPERS, ONIONS, BROCCOLI, TATER TOTS, CHEESE AND AVOCADO TOMATO DE GALLO, POTATO WEDGES

#### LUNCH
ORANGE CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES

**OR VEGETARIAN:**
ORANGE TOFU, STEAMED RICE AND SESAME SCENTED 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

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### TUESDAY MAY 18TH

#### BREAKFAST
STEAK, ONION, BELL PEPPER AND POTATO EGG BURRITO, WITH CHEESE, TATER TOTS

**OR VEGETARIAN:**
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE, TATER TOTS

#### LUNCH
NEW ORLEANS PASTA, TORTELLINI PASTA CAJUN CREAM SAUCE, BLACKENED CHICKEN, ANDOUILLE SAUCE, BELL PEPPERS, ONIONS AND MUSHROOMS

**OR VEGETARIAN:**
NEW ORLEANS PASTA, TORTELLINI PASTA CAJUN CREAM SAUCE, BLACKENED VEGETARIAN CHICKEN, ANDOUILLE SAUCE, BELL PEPPERS, ONIONS AND MUSHROOMS

#### DINNER
TERIYAKI CHICKEN KABOBS, BELL PEPPERS, ONIONS WITH RICE PILAF AND SAUTÉED VEGETABLES

**OR VEGETARIAN:**
TERIYAKI TOFU KABOBS, BELL PEPPERS, ONIONS WITH RICE PILAF AND SAUTÉED VEGETABLES

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### WEDNESDAY MAY 19TH

#### BREAKFAST
SCRAMBLED EGGS, BACON, FRENCH TOAST WITH WARM BERRIES, BREAKFAST POTATOES

**OR VEGETARIAN:**
SCRAMBLED EGGS AND EXTRA CHEESE FRENCH TOAST WITH WARM BERRIES, BREAKFAST POTATOES

#### LUNCH
CHILI RELLENO AND PORK BURRITO, RICE BEANS, SALSA, SIDE OF FAJITA STYLE VEGETABLES

**OR VEGETARIAN:**
CHILI RELLENO BURRITO, RICE BEANS, SALSA, SIDE OF FAJITA STYLE VEGETABLES

#### DINNER
SANTA MARIA STYLE TRI TIP AND TERIYAKI PORK SPARERIBS, SAUTÉED ONIONS AND MUSHROOMS, GARLIC WHIPPED POTATOES AND GARLIC VEGETABLES

**OR VEGETARIAN:**
BBQ VEGETARIAN BEEF TIPS, ONIONS AND PEPPERS, SAUTÉED ONIONS AND MUSHROOMS, GARLIC WHIPPED POTATOES AND GARLIC VEGETABLES
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<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
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<td><strong>THURSDAY MAY 20</strong></td>
<td><strong>BREAKFAST</strong>&lt;br&gt;Duo of English Muffin Sandwiches, Egg, Cheese and Sausage, Egg Cheese and Bacon, Breakfast Potatoes&lt;br&gt;<strong>OR VEGETARIAN:</strong>&lt;br&gt;2 Veggie Sausage English Muffin Sandwiches, Egg and Cheese with Breakfast Potatoes</td>
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<td><strong>DINNER</strong>&lt;br&gt;Torta Thursday, Carne Asada, Queso Fresco, Avocado Pico de Gallo, Refried Beans, Lettuce, Black Beans and Spanish Rice&lt;br&gt;<strong>OR VEGETARIAN:</strong>&lt;br&gt;Torta Thursday, Fajita Vegetables, Queso Fresco, Avocado Pico de Gallo, Refried Beans, Lettuce, Black Beans and Spanish Rice</td>
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<td><strong>FRIDAY MAY 21</strong></td>
<td><strong>BREAKFAST</strong>&lt;br&gt;Ham and Cheese Egg Croissant, Buttery Croissant, Honey Glazed Ham and Melted Cheese, Potato Wedges&lt;br&gt;<strong>OR VEGETARIAN:</strong>&lt;br&gt;Ham and Cheese Croissant, Buttery Croissant and Melted Cheese, Potato Wedges</td>
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<td><strong>DINNER</strong>&lt;br&gt;Grilled Chicken Caprese, Layered with Fresh Mozzarella, Tomato and Pesto, Marinara Sauce, Garlic Whipped Potatoes and Seasoned Vegetables&lt;br&gt;<strong>OR VEGETARIAN:</strong>&lt;br&gt;Grilled Garlic Tofu Layered with Fresh Mozzarella, Tomato and Pesto, Marinara Sauce, Garlic Whipped Potatoes and Seasoned Vegetables</td>
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<td><strong>SATURDAY MAY 22</strong></td>
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