

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 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

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

WEDNESDAY MAY 19TH

BREAKFAST

SCRAMBLE EGGS, BACON, FRENCH
TOAST WITH WARM BERRIES,
BREAKFAST POTATOES

OR VEGETARIAN:

SCRAMBLE 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

THURSDAY MAY 20TH

BREAKFAST

DUO OF ENGLISH MUFFIN SANDWICHES, EGG, CHEESE AND SAUSAGE, EGG CHEESE AND BACON, BREAKFAST POTATOES

OR VEGETARIAN:

2 VEGGIE SAUSAGE ENGLISH MUFFIN SANDWICHES, EGG AND CHEESE WITH BREAKFAST POTATOES

LUNCH

CHILI ROJA CHICKEN ENCHILADAS, REFRIED BEANS, FIESTA RICE

Or Vegetarian:

CHILI ROJA VEGETABLE CHEESE ENCHILADAS, REFRIED BEANS, FIESTA RICE

DINNER

TORTA THURSDAY, CARNE ASADA, QUESO FRESCO, AVOCADO PICO DE GALLO, REFRIED BEANS, LETTUCE, BLACK BEANS AND SPANISH RICE

OR VEGETARIAN:

TORTA THURSDAY, FAJITA VEGETABLES, QUESO FRESCO, AVOCADO PICO DE GALLO, REFRIED BEANS, LETTUCE, BLACK BEANS AND SPANISH RICE

FRIDAY MAY 21ST

BREAKFAST

HAM AND CHEESE EGG CROISSANT, BUTTERY CROISSANT, HONEY GLAZED HAM AND MELTED CHEESE, POTATO WEDGES

OR VEGETARIAN:

EGG AND CHEESE CROISSANT, BUTTERY CROISSANT AND MELTED CHEESE, POTATO WEDGES

LUNCH

TURKEY, SWISS AND BACON MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES

OR VEGETARIAN:

GRILLED VEGETABLE PESTO MELT, TOASTED CIABATTA BREAD, GARLIC AIOLI, ONIONS AND TOMATOES

DINNER

GRILLED CHICKEN CAPRESE, LAYERED WITH FRESH MOZZARELLA, TOMATO AND PESTO, MARINARA SAUCE, GARLIC WHIPPED POTATOES AND SEASONED VEGETABLES

OR VEGETARIAN:

GRILLED GARLIC TOFU LAYERED WITH FRESH MOZZARELLA, TOMATO AND PESTO, MARINARA SAUCE, GARLIC WHIPPED POTATOES AND SEASONED VEGETABLES

SATURDAY MAY 22ND

SUNDAY MAY 23RD

