

# 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 10<sup>TH</sup>

### 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

BBQ CHICKEN BREAST SANDWICH,  
RANCH AIOLI, LETTUCE, ONIONS,  
TOMATOES AND CHEDDAR, SERVED  
WITH FRIES

### OR VEGETARIAN:

BBQ VEGGIE CHICKEN BURGER,  
RANCH AIOLI, LETTUCE, ONIONS,  
TOMATOES AND CHEDDAR, SERVED  
WITH FRIES

### DINNER

CHICKEN PICCATA, BREADED CHICKEN  
WITH GARLIC LEMON HERB BUTTER  
SAUCE, RICE PILAF, SAUTÉED  
VEGETABLES

### OR VEGETARIAN:

“VEGETARIAN” CHICKEN PICCATA,  
BREADED CHICKEN WITH GARLIC  
LEMON HERB BUTTER SAUCE, RICE  
PILAF, SAUTÉED VEGETABLES

## TUESDAY MAY 11<sup>TH</sup>

### BREAKFAST

STEAK, RED POTATOES AND EGG  
BURRITO WITH CHEESE, TATER TOTS  
OR VEGETARIAN:  
VEGGIE, RED POTATOES AND EGG  
BURRITO WITH CHEESE, TATER TOTS

### LUNCH

TERIYAKI GLAZED TEMPURA CHICKEN,  
STEAMED RICE AND SESAME SCENTED  
VEGETABLES

### OR VEGETARIAN:

TERIYAKI GLAZED TOFU, STEAMED  
RICE AND SESAME SCENTED  
VEGETABLES

### DINNER

TACO TUESDAY, CHICKEN PASTOR,  
CHEESE, ONIONS, CILANTRO, SALSA,  
SERVED WITH SPANISH RICE AND  
BEANS

### OR VEGETARIAN:

TACO TUESDAY, VEGETABLE FAJITA  
TACOS, CHEESE, ONIONS, CILANTRO,  
SALSA, SERVED WITH SPANISH RICE  
AND BEANS

## WEDNESDAY MAY 12<sup>TH</sup>

### BREAKFAST

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

### LUNCH

WILD WING WEDNESDAY, CRISPY  
CHICKEN WINGS WITH A BLEND OF  
FRANKS HOT SAUCE AND SWEET BBQ  
SAUCE, SERVED WITH CURLY FRIES

### OR VEGETARIAN:

WILD TOFU WEDNESDAY, CRISPY  
TOFU NUGGETS WITH A BLEND OF  
FRANKS HOT SAUCE AND SWEET BBQ  
SAUCE, SERVED WITH CURLY FRIES

### DINNER

SANTA MARIA TRI TIP, SERVED WITH  
ROASTED POTATOES, LOCAL FARMED  
VEGETABLES

### OR VEGETARIAN:

VEGETARIAN BEEF TIPS, SERVED WITH  
ROASTED POTATOES, LOCAL FARMED  
VEGETABLES

**THURSDAY MAY 13<sup>TH</sup>**

**BREAKFAST**

HUEVOS RANCHEROS, EGGS, RICE,  
BEANS, CHEESE AND RANCHERO  
SAUCE

**OR VEGETARIAN:**

HUEVOS RANCHEROS, EGGS, RICE,  
BEANS, CHEESE AND RANCHERO  
SAUCE

**LUNCH**

WHAM BURGER, BEEF PATTY, SLICED  
HAM, BACON, SWISS, LETTUCE,  
TOMATOES, ONIONS, HERB AIOLI ON  
SPECIALTY BUN, WITH FRIES

**OR VEGETARIAN:**

VEGGIE BURGER, SWISS, LETTUCE,  
TOMATOES, ONIONS, HERB AIOLI ON  
SPECIALTY BUN, WITH FRIES

**DINNER**

TORTELLINI CHICKEN ALFREDO,  
GRILLED CHICKEN, CREAMY  
PARMESAN SAUCE WITH GARLIC  
SCENTED ITALIAN VEGETABLES

**OR VEGETARIAN:**

TORTELLINI VEGETARIAN CHICKEN  
ALFREDO, CREAMY PARMESAN SAUCE  
WITH GARLIC SCENTED ITALIAN  
VEGETABLES

**FRIDAY MAY 14<sup>TH</sup>**

**BREAKFAST**

SAUSAGE, CHEESE AND EGG BAGEL,  
MELTED CHEESE, POTATO WEDGES

**OR VEGETARIAN:**

SAUSAGE, CHEESE AND EGG BAGEL,  
MELTED CHEESE, POTATO WEDGES

**LUNCH**

CRISPY BBQ CHICKEN WRAP, ROASTED  
CORN, BLACK BEANS, PEPPERS,  
CHEESE, TOMATOES, WITH CHIPOTLE  
MAYO

**OR VEGETARIAN:**

CRISPY BBQ EGGPLANT WRAP,  
ROASTED CORN, BLACK BEANS,  
CHEESE, PEPPERS, TOMATOES, WITH  
CHIPOTLE MAYO

**DINNER**

TERIYAKI BEEF KABOBS, ONIONS AND  
BELL PEPPERS, STEAMED RICE,  
SAUTÉED VEGETABLES

**OR VEGETARIAN:**

TERIYAKI TOFU AND VEGETABLE  
KABOBS, ONIONS AND BELL PEPPERS,  
STEAMED RICE, SAUTÉED VEGETABLES

**SATURDAY FEBRUARY 20<sup>TH</sup>**

**BREAKFAST**

BACON AND SAUSAGE EGG BURRITO,  
POTATOES, MIXED CHEESE, TATER  
TOTS

**OR VEGETARIAN:**

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

**DINNER**

PORK CARNITAS WET BURRITO,  
CILANTRO RICE, REFRIED BEANS,  
CHEESE, SALSA, SMOTHERED WITH  
SAVORY ANCHO SAUCE

**OR VEGETARIAN:**

VEGETABLE FAJITA WET BURRITO,  
CILANTRO RICE, REFRIED BEANS,  
CHEESE, SALSA, SMOTHERED WITH  
SAVORY ANCHO SAUCE

**SUNDAY FEBRUARY 21<sup>ST</sup>**

**BREAKFAST**

SCRAMBLE EGGS, BACON AND  
SAUSAGE, FRENCH TOAST, BREAKFAST  
POTATOES

**OR VEGETARIAN:**

SCRAMBLE EGGS AND EXTRA CHEESE  
FRENCH TOAST, BREAKFAST  
POTATOES

**DINNER**

TANDOORI GRILLED CHICKEN BREAST  
WITH LEMON GARLIC SAUCE, WILD  
RICE PILAF AND SEASONED  
VEGETABLES

**OR VEGETARIAN:**

TANDOORI GRILLED GARLIC TOFU  
WITH LEMON GARLIC SAUCE, WILD  
RICE PILAF AND SEASONED  
VEGETABLES