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 10TH
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 11TH
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 12TH
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 13TH
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, GRILLED CHICKEN, CREAMY PARMESAN SAUCE WITH GARLIC SCENTED ITALIAN VEGETABLES
FRIDAY MAY 14TH
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
SATURDAY FEBRUARY 20TH
BREAKFAST
SAUSAGE, CHEESE AND EGG BURRITO, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BURRITO, 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 TOFU AND VEGETABLE KABOBS, ONIONS AND BELL PEPPERS, STEAMED RICE, SAUTÉED VEGETABLES
SUNDAY FEBRUARY 21ST
BREAKFAST
SCRAMBLE EGGS AND EXTRAS 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