## BIG KITCHEN

### BREAKFAST

<table>
<thead>
<tr>
<th>DAY</th>
<th>Special</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>Special Scramble</td>
<td>with Ham, Green Onion and Cheddar Cheese</td>
</tr>
<tr>
<td>TUE</td>
<td>French Toast</td>
<td>with Maple Syrup</td>
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<tr>
<td>WED</td>
<td>Spanish Scramble</td>
<td>with Chorizo, Pico de Gallo, Cheddar and Jack Cheeses</td>
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<tr>
<td>THU</td>
<td>Banana Pancakes</td>
<td>with Maple Syrup</td>
</tr>
<tr>
<td>FRI</td>
<td>Special Scramble</td>
<td>with Bacon, Mushrooms and Swiss</td>
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</tbody>
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### LUNCH DAILY

**Make Your Own Pasta Bar** — Penne, Whole Wheat, and Gluten Free Pastas (vg)

- **Sauces:** Marinara (vg), Alfredo (v), Lentil Bolognese (vg)
- **Toppings/Add-Ons:** Pork Italian Sausage, Beef & Pork Meatballs, Grilled Chicken, Seasonal Veggies (vg), Basil Pesto (v)

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<th>DAY</th>
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<tr>
<td>MON</td>
<td>PASTA SPECIAL: Spaghetti Carbonara</td>
<td>– The Classic! Made with Bacon, Egg and Parmesan Cheese</td>
</tr>
<tr>
<td>TUE</td>
<td>SANDWICH: French Dip</td>
<td>– Slow-Roasted Beef and Au Jus on an Oven-Toasted Italian Milano Roll and served with Waffle Fries</td>
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<td>SANDWICH: Field Roast French Dip (v)</td>
<td>– Sliced Field Roast and Vegetable Jus on an Oven-Toasted Italian Milano Roll and served with Waffle Fries</td>
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<tr>
<td>WED</td>
<td>SANDWICH: Paseo-Style Cuban</td>
<td>– Slow-Roasted Pork, Pickled Jalapeno, Garlic Mayo, Caramelized Onion Rings, Romaine Lettuce and Cilantro on a toasted Telera Roll served with Waffle Fries</td>
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<tr>
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<td>SANDWICH: Cuban Gardein (v)</td>
<td>– Marinated Gardein, Chao Cheese with Mustard and Pickle on a toasted Telera Roll served with Waffle Fries</td>
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<tr>
<td>THU</td>
<td>SANDWICH: Tuna-Melt Salad</td>
<td>– topped with Cheddar Cheese on Nine-Grain Bread and served with Waffle Fries</td>
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<td></td>
<td>SANDWICH: Chick-Pea of The Sea Melt (vg)</td>
<td>– Chickpea Salad with Eggless Mayo, Chao Cheese, Celery and Peppers served on Nine-Grain Bread, with Waffle Fries</td>
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<tr>
<td>FRI</td>
<td>PASTA SPECIAL: Spaghetti Carbonara</td>
<td>– The Classic! Made with Bacon, Egg and Parmesan Cheese</td>
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**DINNER**

**SUN**  
**Chicken & Dumplings** – Tender Chicken Chunks and Home-Style Dumplings and Gravy  
**Veggie Pot Pie (v)** – Seasonal Root Vegetables Slow-Cooked in a Rich Veggie Gravy and topped with Flaky Pastry  
**Sides:** Brussel Sprouts and Fresh Seasonal Veggies

**MON**  
**Choice of:** Bratwurst, All-Beef Dog or Vegan Sausage on a Stadium Roll  
**Black Bean Chili (vg):** Vegan spicy Stew with Chili Peppers, Black Beans, Tomatoes, Onions, Garlic and Cumin served with Cornbread and Toppings  
**Topping Bar:** Cream Cheese, Chili, Cheddar Cheese, Relish, Sauerkraut, Jalapenos, Caramelized Onions, Horseradish Mustard  
**Sides:** House-Made Potato Salad and Coleslaw

**TUE**  
**Blackened Pollock Tacos** – 2 Grilled Corn Tacos filled with Blackened Pollock topped with Mango Salsa and served with Rice and Beans  
**Blackened Tofu Tacos (vg)** – 2 Grilled Corn Tacos filled with Blackened Tofu and choice of topping, served with Rice and Beans  
**Topping Bar:** Assorted Salsas, Tomatoes, Lettuce, Onions, Pico, Sour Cream, Cheddar Cheese, Olives, Pickled Jalapenos  
**Sides:** Flour Tortillas (upon request), Spanish Rice, Beans, Mango Salsa

**WED**  
**Baked Chicken Wings** – 5 per plate served with Edamame and Asian Slaw  
**Fried Tofu Bites (vg)** – Lightly-Fried Tofu served with Edamame and Asian Slaw

**THU**  
**Lemon-Herb Butter Salmon** – Roasted with Seasonal Veggies and Rice Pilaf  
**Pasta Primavera (vg)** – Garden Fresh Veggies tossed in a Garlic and Olive Oil sauce and served with Garlic Bread

**FRI**  
**Make Your Own Pasta Bar**— Penne, Whole Wheat, and Gluten Free Pastas (vg)  
**Sauces:** Marinara (vg), Alfredo (v), Lentil Bolognese (vg)  
**Toppings/Add-Ons:** Pork Italian Sausage, Beef & Pork Meatballs, Grilled Chicken, Seasonal Veggies (vg), Basil Pesto (v)  
**Chef’s Special**

**DESSERT**  
**Triple Chocolate Brownies with Fudge Sauce**
TERO

BOWL

**Yum Yum (vg)** Short Grain Brown Rice, Shredded Purple & Napa Cabbage, Fresh Tomatoes, Roasted Mushrooms, Chinese Broccoli, Sugar Snap Peas, Cilantro & Furikake sprinkle, Toasted Sesame-Ginher


FLATBREAD

**Mango Jerk (vg)** Naan, Jerk Green Beans, Roasted Carrots, Shredded Cabbage & Green Onion Topping, Mango Salsa

DESSERT

Avocado Chocolate Mousse

GLOBAL

MON & FRI

**Chicken & Cheese Flautas** with choice of Black or Refried Beans and Mexican or Cilantro-Lime Brown Rice

**Build Your Own** Choice of Protein: Beef Barbacoa, Vegan Field Roast Chorizo Crumbles (vg), or Chicken Fajita Strips

Served with Rice and Beans

TUE–THU

**Broccoli Beef (Halal)** Tender Beef Pieces with Broccoli, Onion and Red Bell Peppers in a light stir-fry sauce

Served with Lo Mein Noodles and Veggie Spring Roll

**Kung Pao Chicken** Crispy Chicken with Red Bell Peppers, Zucchini, Celery, Baby Carrots and Water Chestnuts

Served with Lo Mein Noodles and Veggie Spring Roll

**Garlic Broccoli (vg)** Garlic, Onions, Peppers and Broccoli in a light stir-fry sauce

Served with Lo Mein Noodles and a Veggie Spring Roll

Made in a facility that also prepares wheat-based foods. v = vegetarian, vg = vegan. h = prepared with halal meats. Eating raw and/or undercooked foods may increase the risk of food borne illness. Menu subject to change without notice. Allergen information for menu items are available and/or posted in each dining location. | [www.hfs.uw.edu/eat](http://www.hfs.uw.edu/eat)