PLATE June 2–8

Breakfast

Hours

Mon–Fri: 7:30–11 a.m. **Sat–Sun:** 8 a.m.–2 p.m.

Weekly Specials - With choice of whole fruit

Husky Combo – Local cage-free eggs scrambled or plant-based eggs scrambled, bacon or sausage, two hash brown patties

Daily Specials - With choice of whole fruit

Monday

Plant-Based Breakfast Taco – Plant-based egg, meatless chorizo, mozzarella, green onion and tomatillo salsa in a flour tortilla

Tuesday

Southwest Plant-Based Scramble & Cheese – Plant-based eggs scrambled with fire roasted corn and peppers, black beans and plant-based mozzarella

Wednesday

Italian Vegetable Scramble – Local cage-free eggs scrambled with roasted red peppers, pesto and asiago, Romano and Parmesan cheeses

Thursday

Caramelized Onion & Bacon Scramble – Local cage-free eggs scrambled with caramelized onions, bacon and mozzarella cheese

Friday

Green Tofu Scramble – Plant-based tofu scramble with plant-based mozzarella, spinach, pepita pesto, peppers and onions

Saturday-Sunday

Sausage-Potato Scramble – Local cage-free eggs scrambled with potatoes, sausage, peppers, onions, cheddar and scallions

À la Carte Sides

Biscuit & Sausage Gravy
Buttermilk Biscuit

French Toast

Hardwood-Smoked Bacon

Hash Brown Patty

Plant-Based Pancakes

Plant-Based Sausage Patty

Plant-Based Scramble

Sausage Gravy

Sausage Link

Scramble



Hours of Operation: hfs.uw.edu-eat

Additional nutrition information is available upon request but can also be found on NetNutrition and on menus in dining location.

Lunch/Dinner

Hours

Mon–Fri: 11:30 a.m.–9 p.m. **Sat–Sun:** 11 a.m.–9 p.m.

Select one entrée, two vegetables/salad, and one starch/grain to build a Balanced Plate.

Entrées Weekly Specials

Herb-Roasted Chicken

Seared Salmon

Entrée Daily Specials

Monday

Tofu Mushroom Sauce With Herb Pasta

Chicken Cacciatore With Herb Pasta

Tuesday-Wednesday

Texas Mushroom Chili Beef & Black Bean Chili

Thursday-Friday

Warmed Falafel Patties

Grilled Garlic & Ginger Flank Steak

Vegetables

Roasted Seasoned Broccoli Florets

Salad

Caprese



Hours of Operation: hfs.uw.edu-eat

Starch/Grains Daily Specials

Monday-Wednesday

Spanish-Style Roasted Potatoes

Thursday-Sunday

Garlic Mashed Potatoes With Olive Oil

Sauces

Greek Salsa

Cajun Lemon

Dessert

Blueberry Pie With Topping

