

Breakfast

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

Meatlovers Scramble – Local cage-free eggs scrambled, ham, bacon, Italian sausage, cheddar cheese

Tuesday

Plant-Based Scramble With Soyrizo – Plant-based egg scramble, Soyrizo, plant-based cheese

Wednesday

Salami Onion & Mozzarella Scramble – Local cage-free eggs scrambled, salami, caramelized onion, mozzarella cheese

Thursday

Onion-Pepper Scramble – Local cage-free eggs scrambled, onions, roasted potatoes, red peppers, Parmesan cheese

Friday

Plant-Based Cheese-Mushroom Scramble – Scrambled plant-based eggs, mushrooms, onions, plant-based mozzarella

Saturday–Sunday

Denver Scramble – Local cage-free eggs scrambled, ham, peppers, onion, cheddar

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

Lunch/Dinner

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

Entrées

Herb-Roasted Chicken

Seared Salmon

Entrée Daily Specials

Monday

Cheese Ravioli With Brown Butter

Ravioli Beef Bolognese

Tuesday–Wednesday

Bamia Lamb Stew

Harissa-Chickpea Stew

Thursday–Friday

Grilled Garlic & Ginger Flank Steak

Grilled Pineapple & Jalapeno Tempeh

Vegetables

Herb-Roasted Rainbow Carrots

Roasted Brussels Sprouts

Winter Roasted Vegetables

Salad

Quinoa & Black Bean Salad

Starch/Grains

Lemon-Herb Brown Rice



Hours of Operation: [hfs.uw.edu–eat](https://hfs.uw.edu/eat)

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

Eating raw or undercooked foods may increase the risk of foodborne illness. Menu subject to change without notice.

Starch/Grains Daily Specials

Monday–Wednesday

Rustic Potatoes & Tomatoes

Thursday–Sunday

Garlic Mashed Potatoes With Olive Oil

Sauce

Cranberry Citrus

Sun-Dried Tomato Cream

Dessert

Dutch Apple Pie With Topping – Apple pie with streusel topping



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