PLATE

May 26-June 1

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

Tofu Scramble With Tomato & Onion – Plant-based tofu scramble with tomatoes, green onions and plant-based mozzarella

Tuesday

Southwest Scramble With Cheddar Cheese – Local, cage-free eggs scrambled with roasted red peppers, corn, black beans and cheddar

Wednesday

Egg White & Bean Burrito – Egg whites, baby spinach, quinoa, black beans, tomatillo salsa, whole wheat flour tortilla

Thursday

Mushroom & Mozzarella Scramble – Local cage-free eggs scrambled with mushrooms and mozzarella

Friday

Plant-Based Scramble With Peppers – Plant-based eggs scrambled with red and green peppers, onions and plant-based mozzarella

Saturday-Sunday

Bacon & Cheddar Scramble – Local cage-free eggs scrambled with bacon and 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



Hours of Operation: hfs.uw.edu-eat

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

Spaghetti & Plant-Based Meatballs

Spaghetti & Beef Meatballs

Tuesday-Wednesday

Curried Coconut-Chickpea StewKuku Paka Coconut-Chicken Curry

Thursday-Friday

Baked Huli Huli Tofu

Braised Brisket With Jus (Anchovy)

Vegetables

Slow-Cooked Greens

Salad

Ginger Slaw



Hours of Operation: hfs.uw.edu-eat

Starch/Grains Daily Specials

Monday-Wednesday

Herb Roasted Potatoes

Thursday-Sunday

Yukon Gold Mashed Potatoes

Sauces

Chimichurri

Sun-Dried Tomato Cream Sauce

Dessert

Red Velvet Layer Cake

