PLATE Apr 7–13

## **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**

**Hawaiian-Style Spam & Eggs Bowl** – Hawaiian-inspired breakfast bowl with jasmine rice, fried spam, scrambled eggs, green onion and furikake

#### **Tuesday**

**Plant-Based Scramble With Soyrizo** – Plant-based egg scramble with Soyrizo and plant-based cheese

#### Wednesday

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

#### **Thursday**

**Plant-Based Greek Vegetable Scramble** – Plant-based eggs scrambled with fresh spinach, kalamata olives, sun-dried tomatoes and plant-based mozzarella cheese

#### **Friday**

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

### Saturday-Sunday

**Denver Scramble** – Local cage-free eggs scrambled with ham, peppers, onion, and cheddar cheese

## 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** 



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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**

**Veggie Penne Alfredo** 

**Chicken Alfredo With Penne Pasta** 

**Tuesday–Wednesday** 

**Caribbean Island Pork Curry** 

Thursday-Friday

**Mushroom Pepper Tostada** 

**Roasted Carne Asada** 

# **Vegetables**

**Roasted Eggplant** 

**Yellow Coconut Curry With Vegetables** 

#### Salad

Quinoa & Black Bean Salad



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### Starch/Grains

#### Jasmine or Brown Rice

## **Starch/Grains Daily Specials**

Monday-Wednesday

**Buttermilk Mashed Yukon Gold Potatoes** 

Thursday-Sunday

**Cumin Verde Mashed Potatoes** 

#### Sauces

**Guava Sauce** 

**Green Chile & Tomatillo Sauce** 

#### **Dessert**

Churro Dipped in Cinnamon & Sugar

