# **PLATE**

# February 17–23

### **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**

**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 & Potato 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 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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# **Lunch/Dinner**

## Hours

**Mon–Fri:** Lunch 11:30 a.m.–2.30 p.m. Dinner 5–9 p.m. **Sat–Sun:** Lunch 11 a.m.–2.30 p.m. Dinner 5–9 p.m.

Sun-Thu: Late Night 9-11 p.m.

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

#### **Entrées**

**Seared Salmon** 

**Brined Chicken Quarter** 

## **Entrée Daily Specials**

### **Monday**

**Cheese Ravioli With Brown Butter** 

Ravioli Beef Bolognese

## **Tuesday–Wednesday**

Harissa Chickpea Stew

**Bamia Lamb Stew** 

# Thursday-Friday

**Grilled Pineapple & Jalapeno Tempeh** 

**Grilled Garlic & Ginger Flank Steak** 

# **Vegetables**

**Roasted Brussels Sprouts** 

Herb-Roasted Rainbow Carrots

Winter Roasted Vegetables

#### Salad

Quinoa & Black Bean Salad



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### Starch/Grains

#### Lemon-Herb Brown Rice

# **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, streusel topping

