

Lunch/Dinner

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

Weekly Specials

Entrées

Roasted Ginger Pork

Sliced Roasted Chicken Thigh

Vegetables

Ginger Slaw

Roasted Butternut Squash

Spicy Peas

Salad

Thai-Style Cucumber Salad

Starch/Grains

Brown Rice

Brown Rice & Red Quinoa Blend

Jasmine Rice

Fried Entrées/Sides

Boneless Chicken Chunks

Chicken Chunks & Fries – Six pieces or eight pieces

French Fries

Soup

Spicy Lentil Vegetable

Split Pea Kale

Tomato Basil

Sauce

BBQ Sauce

Dessert

Plant-Based Roz Bel Laban – Rice pudding with oatmilk



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.