

PLATE

February 24–March 2

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

Bacon, Pesto & Cheese Scramble – Local cage-free eggs scrambled, bacon, pesto, cheese

Tuesday

Greek Scramble – Local cage-free eggs scrambled, spinach, sun-dried tomato, kalamata olives, feta cheese

Wednesday

Green Tofu Scramble – Plant-based tofu scramble, plant-based mozzarella, spinach, pepita pesto, peppers, onions

Thursday

Banana Pancake Stack – Three banana pancakes, butter, syrup

Friday

Tofu & Bean Burrito – Tofu, black beans, potato, cumin, curry powder

Saturday–Sunday

Spinach & Mushroom Scramble – Local cage-free eggs scrambled, spinach, mushrooms, peppers, Swiss 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



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.

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 p.m. Dinner 5–9 p.m.

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

Kale-Pesto Alfredo With Cellentani

Chicken Alfredo

Tuesday–Wednesday

Winter Squash & Chickpea Stew

Chicken & Andouille Stew

Thursday–Friday

Slow-Cooked Pork al Pastor

Sambal-Marinated Portobello Mushroom

Vegetables

Herb-Roasted Rainbow Carrots

Roasted Brussels Sprouts

Roasted Broccoli Florets

Salad

Caprese



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Starch/Grains

Lemon-Herb Brown Rice

Starch/Grains Daily Specials

Monday–Wednesday

Roasted Spanish-Style Potatoes

Thursday–Sunday

Yukon Gold Mashed Potatoes

Sauce

Plant-Based Tuscan Herb Cream

Green Chili

Dessert

Baklava



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