**SPECIALS October 31–November 6**

Menu subject to change

Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan. hp = made with certified halal protein. Eating raw and/or undercooked foods may increase the risk of food borne illness. Menu subject to change without notice. Allergen information for menu items are available and/or posted in each dining location. | www.hfs.uw.edu/eat

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**PLATE**

**SUN**

**Brunch**  
French Toast (V), Bacon, Sausage Link, Plant-Based Sausage (VG) Biscuit and Sausage Gravy, Hash Browns (VG) and Plain Scrambled Eggs (V) [calories 130–450]

**Dinner**  
Beef Meatloaf – Served with mushroom gravy, Yukon gold mashed potatoes and broccolini [calories 540]  
Baked Mac & Cheese (V) – Served with steamed cauliflower and broccolini [calories 390]

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**MON**

**Breakfast**  
Ham & Cheddar – Local cage-free eggs scrambled with ham, green onions and cheddar cheese [calories 250]

**Lunch**  
Lomo Saltado – Peruvian beef stir fry with rosemary fried potatoes, served with choice of brown or jasmine rice [calories 570–590]  
Locro de Zapallo With Cojita (V) – Peruvian squash stew with cojita cheese and mint, served with choice of brown or jasmine rice [calories 610–640]

**Dinner**  
Beef Meatloaf – Mushroom gravy, served with Yukon gold mashed potatoes and broccolini [calories 540]  
Baked Mac & Cheese (V) – Served with steamed cauliflower and broccolini [calories 390]

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**TUE**

**Breakfast**  
French Toast – Egg bread dipped in a rich egg batter, griddled golden brown [calories 140]

**Lunch & Dinner**  
Build Your Own Latin Bowl  
**Base Includes:** Cilantro or tomato rice with pinto or black beans, or quinoa salad, served with choice of toppings [calories 250–300]  
**Options to Add:** Beef barbacoa, chicken tinga, pork verde or plant-based chorizo [calories 180–250]  
**Toppings:** Pico de gallo, tomatillo salsa, corn salsa, sour cream, lettuce, cheese [calories 4–110]

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WED

**Breakfast** Sausage & Swiss Scramble – Local cage-free eggs scrambled with sausage, peppers, onions and Swiss cheese [calories 410]

**Lunch** Lomo Saltado – Peruvian beef stir fry with rosemary fried potatoes, served with choice of brown or jasmine rice [calories 570–590]

Locro de Zapallo With Cojita (V) – Peruvian squash stew with cojita cheese and mint, served with choice of brown or jasmine rice [calories 610–640]

**Dinner** Nicoise Salad With Seared Ahi Tuna – Traditional French salad with mixed greens, haricot verts, seared ahi tuna, fingerling potatoes, kalamata olives, cherry tomatoes, hardboiled egg, fleur de sel and balsamic vinaigrette [calories 440]

Chickpea Salad Nicoise (V) – Traditional French salad with mixed green, haricot verts, Mediterranean chickpea salad, fingerling potatoes, kalamata olives, cherry tomatoes, hardboiled egg, fleur de sel and balsamic vinaigrette [calories 450]

THU

**Breakfast** Banana Pancake (V) – Buttermilk pancakes with mixed fresh bananas [calories 170]

**Lunch** Pork Vindaloo – Pork and vegetables in an Indian-spice sauce with housemade chutneys, served with choice of basmati or brown rice [calories 650]

Allo Gobi (V) – Cauliflower and potato curry with housemade chutneys, served with choice of basmati or brown rice [calories 625]

**Dinner** Apricot-Glazed Roasted Duck – Duck hindquarter, served with herbed potato gratin and broccolini [calories 940]

Kale & Butternut Squash Risotto (V) – Creamy arborio rice with kale and butternut squash, served with roasted yellow squash and zucchini [calories 310]

FRI

**Breakfast** Bacon & Mushroom Scramble – Local cage-free eggs scrambled with bacon, mushroom and Swiss cheese [calories 510]

**Lunch** Pork Vindaloo – Pork and vegetables in an Indian-spice sauce with housemade chutneys, served with choice of basmati or brown rice [calories 650]

Allo Gobi (V) – Cauliflower and potato curry with housemade chutneys, served with choice of basmati or brown rice [calories 625]

SAT

**Brunch** French Toast (V), Bacon, Sausage Link, Plant-Based Sausage (VG) Biscuit and Sausage Gravy, Hash Browns (VG) and Plain Scrambled Eggs (V) [calories 130–450]
DELI SANDWICH SPECIAL

BBQ Chicken Wrap – Crispy chicken, caramelized onion, Ray’s BBQ sauce, pepperjack cheese and fresh veggies in a flour tortilla [calories 1040]

Roasted Vegetable Wrap (VG) – Sesame hummus, caramelized onions and roasted vegetables wrapped in a flour tortilla [calories 470]

Philly – Roast beef, provolone cheese, peppers, onions and horseradish mayo served on a baguette [calories 750]

DUB STREET BURGERS SPECIAL

BBQ Pork – Pork carnitas, BBQ sauce and coleslaw served on a toasted bun [calories 520]

Fry Special – Sidewinder fries [calories 320]

NOODLE

LUNCH (Mon–Fri)          DINNERT (Sun–Thu)

Lunch

Sweet & Sour Chicken – Crispy chicken in a housemade tomato-vinegar sauce with pineapple, peppers and onions over choice of brown or jasmine rice [calories 660–700]

Pork Chow Mein – Pork, noodles and vegetables in a soy-ginger sauce [calories 990]

Veggie Chow Mein (VG) – Noodles stir-fried with vegetables in a soy-ginger sauce [calories 560]

Dinner

Szechuan Beef & Veggie Stir Fry – Served with choice of brown or jasmine rice [calories 620–630]

Pork Chow Mein – Pork, noodles and vegetables in a soy-ginger sauce [calories 990]

Veggie Chow Mein (VG) – Stir fried noodles with vegetables in a soy-ginger sauce [calories 560]

SELECT

LUNCH (Mon–Fri)          DINNERT (Sun–Thu)

Lunch & Dinner

Latin Bowl – Black beans, quinoa salad, corn salad, lime slaw and mixed greens, with choice of brown or jasmine rice [calories 470–500]

Options to Add: Pork verde [calories 190] or chicken tinga (HP) [calories 250]