PLATE May 5–11

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

Plant-Based Italian Vegetable Scramble – Plant-based eggs scrambled, roasted red peppers, kale pesto, plant-based mozzarella

Tuesday

Southwest Scramble – Local cage-free eggs scrambled, fire-roasted corn, peppers, black beans, Colby jack cheese

Wednesday

Tofu Scramble – Plant-based eggs scrambled, tomatoes, green onions, plant-based mozzarella

Thursday

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

Friday

Salami-Onion-Mozzarella Scramble – Local cage-free eggs scrambled, salami, caramelized onions, mozzarella cheese

Saturday-Sunday

Plant-Based Caprese Scramble – Local cage-free eggs scrambled, tomatoes, plant-based mozzarella, fresh basil

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

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

Lentil Bolognese With Herb Pasta

Beef Bolognese With Herb Pasta

Tuesday-Wednesday

Plant-Based Gumbo

Chicken & Andouille Stew

Thursday-Friday

Lemongrass Tofu

Roasted Ginger Pork

Vegetables

Herb-Roasted Rainbow Carrots

Roasted Brussels Sprouts

Green Beans & Tomatoes

Salad

Mediterranean Chickpea



Hours of Operation: hfs.uw.edu-eat

Starch/Grains

Brown Rice

Jasmine Rice

Starch/Grains Daily Specials

Monday-Wednesday

Buttermilk Mashed Yukon Gold Potatoes

Thursday-Sunday

Herb-Roasted Fingerling Potatoes

Sauces

Teriyaki

Green Coconut Curry

Dessert

Red Velvet Layer Cake – Three-layer red velvet cake, cream cheese frosting

