

SELECT

February 17–23

Lunch/Dinner

Hours

Mon–Thu: Lunch 11 a.m.–2:30 p.m. Dinner 5–9 p.m.

Fri: Lunch 11 a.m.–2:30 p.m. Dinner CLOSED

Sat: CLOSED

Sun: Lunch CLOSED Dinner 5–9 p.m.

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

Weekly Specials

Entrées

Sliced Roasted Chicken Thigh

Roasted Ginger Pork

Vegetables

Ginger Slaw

Spicy Peas

Roasted-Spiced Butternut Squash

Salad

Thai-Style Cucumber Salad



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.

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 (Sun–Tue)

Split Pea Kale (Wed–Fri)

Tomato Basil



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.