

# PLATE

February 24–March 2

## Breakfast

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### Hours

Mon–Fri: 7:30–11 a.m.

Sat–Sun: 8 a.m.–2 p.m.

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### Weekly Specials – With choice of whole fruit

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**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

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#### 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

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**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

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### Hours

**Mon–Fri:** Lunch 11:30 a.m.–2.30 p.m. Dinner 5–9 p.m.

**Sat–Sun:** Lunch 11 a.m.–2.30 p.m. Dinner 5–9 p.m.

**Sun–Thu:** Late Night 9–11 p.m.

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

### Entrées

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**Herb-Roasted Chicken**

**Seared Salmon**

### Entrée Daily Specials

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#### 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

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**Herb-Roasted Rainbow Carrots**

**Roasted Brussels Sprouts**

**Roasted Broccoli Florets**

### Salad

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**Caprese**



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## Starch/Grains

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Lemon-Herb Brown Rice

## Starch/Grains Daily Specials

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### Monday–Wednesday

Roasted Spanish-Style Potatoes

### Thursday–Sunday

Yukon Gold Mashed Potatoes

## Sauce

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Plant-Based Tuscan Herb Cream

Green Chili

## Dessert

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Baklava



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