BIG KITCHEN

Mon-Fri: Breakfast 7:00–9 a.m.  Lunch 11 a.m.–1:30 p.m.  Dinner 5–7 p.m.
Sat: Lunch 11 a.m.–2 p.m.  Dinner 5–7 p.m.

MON

**Breakfast**  Andouille Pepperjack Scramble – local cage-free eggs scrambled with pork andouille sausage, corn, peppers, and pepperjack cheese [calories 290]

**Lunch**  BBQ Tofu Spoon Burger Sandwich (VG) – minced tofu, yellow onions, green chili and BBQ sauce on a whole wheat bun served with roasted carrots, slow cooked collard greens, and red potato salad [calories 290-640]

Roasted Garlic Rosemary Chicken Thigh – roasted garlic rosemary chicken thigh served with roasted carrots, slow cooked collard greens, and red potato salad [calories 310-660]

**Dinner**  Gemelli Tomato Artichoke & Kale Pesto (V) – gemelli pasta, kale pesto, artichoke hearts and grape tomatoes served with roasted brussels sprouts, roasted zucchini, and garlic breadstick [calories 300-735]

Grilled Chicken Breast With Gemelli Tomato Artichoke & Kale Pesto – Italian-inspired marinated and grilled chicken breast with gemelli pasta, kale pesto, artichoke hearts and grape tomatoes served with roasted brussels sprouts, roasted zucchini, and garlic breadstick [calories 490-925]

TUE

**Breakfast**  Banana Pancake (V) – buttermilk pancake studded with fresh bananas [calories 170]

**Lunch**  Plant-Based Chorizo & Potato Tacos (V) – plant-based version on a potato taco with soyrizo, habanero and tomatillo salsas served with fajita vegetables, street corn, and cilantro lime rice [calories 280-645]

Pork Carne Adovada – roasted pork and guajillo chili sauce served with fajita vegetables, street corn, and cilantro lime rice [calories 270-635]

**Dinner**  Chana Masala (VG) – Yukon gold potatoes, chickpeas, tomatoes, ginger and garam masala served with turmeric roasted cauliflower, bhindi masala, and steamed basmati rice [calories 120-650]

Chicken Tikka Masala – chicken tikka masala served with turmeric roasted cauliflower, bhindi masala, and steamed basmati rice [calories 270-800]
WED

**Breakfast**  Mushroom & Mozzarella Scramble (V) – local cage-free eggs scrambled with mushrooms and mozzarella cheese [calories 360]

**Lunch**  Plant-Based Korean BBQ Nuggets (VG) – plant-based nuggets tossed in a gochujang sauce served with zucchini and mushroom banchan, kimchi, and steamed jasmine rice [calories 340-460]

Korean Fried Chicken – crispy fried chicken tossed in a gochujang sauce served with zucchini and mushroom banchan, kimchi, and steamed jasmine rice [calories 320-440]

**Dinner**  Blackened Tofu – tofu baked with jerk-style seasoning served with herb roasted rainbow carrots, sautéed kale, and roasted lemon parsley red potatoes [calories 230-600]

Lemon Pepper Quarter Chicken – chicken quarter roasted with lemon-pepper served with herb roasted rainbow carrots, sautéed kale, and roasted lemon parsley red potatoes [calories 780-1050]

THU

**Breakfast**  Plant-Based Tofu Scramble With Tots (VG) – plant-based tofu scramble with plant-based mozzarella, tater tots and green onion [calories 300]

**Lunch**  Plant-Based Meatballs With Marinara Sauce (VG) – plant-based meatballs simmered in marinara sauce served with herb pasta, lemon garlic roasted asparagus, and roasted balsamic brussels sprouts [calories 150-555]

Chicken Cacciatore – braised chicken with tomatoes, mushrooms and herbs served with herb pasta, lemon garlic roasted asparagus, and roasted balsamic brussels sprouts [calories 400-805]

**Dinner**  Moroccan Bowl With Brown Rice (VG) – brown rice, ras el hanout zucchini and tomatoes, quinoa tabouli and spring lettuce mix served with Greek salad, green beans with tomatoes, and ras el hanout spiced couscous [calories 340-575]

Chermoula Flank Steak – chermoula grilled flank steak served with Greek salad, green beans with tomatoes, and ras el hanout spiced couscous [calories 260-495]

FRI

**Breakfast**  Barbacoa & Pepper Jack Scramble – local cage-free eggs scrambled with beef barbacoa, tomatillo salsa and pepperjack cheese [calories 340]

**Lunch**  Baked Huli Huli Tofu (VG) – baked pineapple and tamari-marinated firm tofu served with ginger and garlic broccoli, stir fried bok choy, and steamed jasmine rice [calories 160-420]

Loco Moco – Hawaiian-inspired breakfast with hamburger, egg and onion gravy served with ginger and garlic broccoli, stir fried bok choy, and steamed jasmine rice [calories 580-840]

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan. 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
### Dinner

- **Grilled Jerk Tempeh (VG)** – Cajun-inspired seasoning marinated and grilled tempeh served with roasted asparagus, roasted cherry tomatoes, and Mediterranean herb potatoes [calories 380-630]

- **Seared Salmon With Lemon & Parsley** – simply grilled salmon filet with lemon and parsley served with roasted asparagus, roasted cherry tomatoes, and Mediterranean herb potatoes [calories 350-600]

### DELI SANDWICH SPECIAL

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<td>Mon–Fri</td>
<td>11 a.m.–7 p.m.</td>
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<td>Sat</td>
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- No Special

### TERO

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- **Sabra Bowl (V)** – couscous, barley, eggplant, hard cooked egg, tomatoes, hummus, Mama Lils peppers and a lemon tahini dressing [calories 890]