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January 27–February 2

## Lunch/Dinner

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### 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.

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

## Weekly Specials

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### Entrées

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Fried Falafel

Roasted Garlic-Rosemary Chicken Thigh

Roasted Lemon-Garlic Beef

### Vegetables

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Green Beans & Tomatoes

Greek Salad Vegetables

Roasted-Spiced Butternut Squash

### Salad

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Chickpea 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

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**Brown Rice**

**Jasmine Rice**

**Lemon-Herb Brown Rice**

## Fried Entrées/Sides

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**Boneless Chicken Chunks**

**Chicken Chunks & Fries** – Six pieces or eight pieces

**French Fries**

## Soup

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**Split Pea Kale (Sun–Tue)**

**Native Three Sisters Vegetable Bean (Wed–Fri)**

**Tomato Basil**

## Sauce

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**Greek Salsa**

## Dessert

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**Plant-Based Roz Bel Laban** – Rice pudding with oatmilk



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