

PLATE

January 27–February 2

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

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

Tuesday

Bacon & Cheddar Scramble – Local cage-free eggs scrambled, bacon, cheddar cheese

Wednesday

Southwest Scramble – Local cage-free eggs scrambled, roasted red pepper, corn, black beans, cheddar cheese

Thursday

Mushroom & Mozzarella Scramble – Local cage-free eggs scrambled, mushrooms, mozzarella cheese

Friday

Plant-Based Scramble – Plant-based eggs scrambled, red and green peppers, onions, mozzarella cheese

Saturday–Sunday

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

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](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

Hours

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

Sat–Sun: Lunch 11 a.m.–2 p.m. Dinner 5–9 p.m.

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

Entrées

Herb-Roasted Chicken

Seared Salmon

Entrée Daily Specials

Monday

Lentil Bolognese-Herb Pasta

Beef Bolognese-Herb Pasta

Tuesday–Wednesday

Creole Vegetable Stew

Beef Stroganoff Stew

Thursday–Friday

Roasted Stuffed Plant-Based Acorn Squash

Herb-Roasted Pork Loin

Vegetables

Herb-Roasted Rainbow Carrots

Roasted Brussels Sprouts

Kale Gomen Greens

Salad

Turkish Garbanzo



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Starch/Grains

Lemon-Herb Brown Rice

Starch/Grains Daily Specials

Monday–Wednesday

Fried Fingerling Potatoes

Thursday–Sunday

Yukon Gold Mashed Potatoes

Sauce

Creole Cream

Tomato & Artichoke

Dessert

German Cake – Chocolate cake, coconut, pecan, walnut icing



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