## SPECIALS | January 7–13

Menus are subject to change

### BIG KITCHEN

#### BREAKFAST

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning Choices</th>
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</thead>
</table>
| MON | Chicken fried steak with biscuits and gravy  
Home fries (v) |
| TUE | Special scramble  
Tater tots (v) |
| WED | French Toast (v)  
Roasted potatoes (v) |
| THU | Special hash  
Shredded hash browns |
| FRI | Congee with meat and toppings bar  
Tater tots (v) |

#### LUNCH PASTA

<table>
<thead>
<tr>
<th>Day</th>
<th>Pasta Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>Pesto Alfredo (v)</td>
</tr>
<tr>
<td>TUE</td>
<td>Pasta bake</td>
</tr>
<tr>
<td>WED</td>
<td>Primavera (v)</td>
</tr>
<tr>
<td>THU</td>
<td>Bolognese</td>
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<tr>
<td>FRI</td>
<td>Ravioli</td>
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#### DINNER

<table>
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| SUN | Chicken wings with choice of buffalo sauce, honey BBQ or plain  
Falafel bites (v)  
Fries (v), coleslaw (vg) |
| MON | Chicken Parmesan over pasta  
Eggplant Parmesan over pasta  
Cheesy garlic bread (v), steamed broccoli (v) |
| TUE | Cinnamon-apple French toast bake (v)  
Cheesy scrambled eggs (v), hash browns (v) |
| WED | Turkey white bean chili in a bread bowl with side salad |

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gs = gluten sensitive, 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.washington.edu/dining](http://www.hfs.washington.edu/dining)
Smoked-tomato field roast chili in a bread bowl with side salad (v)

**THU**
- Teriyaki chicken
- Teriyaki tofu (v)
- Steamed white or brown rice (v), pot stickers, bok choy (vg)

**FRI**
- Pasta Bar—marinara, Alfredo, meatballs, chicken breast, vegetables and breadstick

**SAT**
- Chef’s special

**DESSERT**
- Chocolate Fudge Cake With vanilla icing and peppermint crumble. À la mode (v)

**CUSTOM KITCHEN**

**CHOOSE 1 PROTEIN & 3 SIDES**

**LUNCH & DINNER MON–THU, LUNCH ONLY FRI**

**MON**
- Proteins: popcorn shrimp, chef’s special or marinated baked tofu (v)
- Sides: white or brown rice, quinoa salad, roasted pearl onions and mushrooms or pesto pasta salad

**TUE**
- Proteins: cod loins, chef’s special or falafel bites (v)
- Sides: bulgur wheat, white and brown rice medley, quinoa salad or bok choy

**WED**
- Proteins: gluten-free chicken strips, chef’s special or field roast (v)
- Sides: Mexican rice, black beans, bulgur wheat salad, Chinese broccoli or pico de curtido

**THU**
- Proteins: Smoked brisket, chef’s special or Gardien chick’n (v)
- Sides: Parmesan polenta, millet, buttered peas, fried okra or garbanzo bean salad
- Veggie stir fry (v) or steamed vegetable (vg)

**FRI**
- Proteins: burnt ends (pork), chef’s special or tempeh (v)
- Sides: white or brown rice, crispy Yukon gold potatoes, roasted cauliflower or tomato and onion salad

**GLOBAL**

**Cheese Pupusas** With choice of black or refried beans and Mexican or cilantro-lime brown rice
**Pork Carnitas or Chipotle Field Roast**  
With black or refried beans, Mexican rice wrapped in a flour tortilla or in a tostada bowl

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**DUB STREET**

<table>
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<tr>
<th>Item</th>
<th>Description</th>
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<tr>
<td><strong>Chicken Bacon Ranch</strong></td>
<td>Crispy chicken, bacon, ranch, lettuce, tomato and onion</td>
</tr>
<tr>
<td><strong>Fry of the Week</strong></td>
<td>Sidewinders</td>
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