## BIG KITCHEN

### BREAKFAST

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast Options</th>
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</table>
| MON | Chicken fried steak with biscuits and gravy  
Home fries (v) |
| TUE | Special scramble  
Tater tots (v) |
| WED | Pancakes (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>
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<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

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| SUN | Chicken wings with choice of ginger sweet chili, spicy curry or plain  
Fried tofu bites with choice of ginger sweet chili, spicy curry or plain (v)  
Steamed rice (v), cucumber salad (vg) |
| MON | Beef spaghetti with herbed breadstick and roasted cauliflower  
Pasta primavera with herbed breadstick and roasted cauliflower (v)  
Herbed breadstick (v), roasted cauliflower (vg) |
TUE  Orange chicken
       General Tso’s tofu bites (v)
       Fried rice (vg), bok choy (vg)

WED  Clam chowder in a bread bowl
       Corn chowder in a bread bowl (v)
       Side salad (vg)

THU  Loco Moco—steamed rice, brown gravy and fried egg
       Kalua tempeh (v)
       Steamed rice (vg), Chinese broccoli (vg)

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

SAT  Chef’s special

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

#### MON-TUE

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Pork Tamale</td>
<td>With choice of black or refried beans and Mexican or cilantro-lime brown rice</td>
</tr>
<tr>
<td>Chicken Tinga or Roasted Mushrooms</td>
<td>With choice of black or refried beans and Mexican or cilantro-lime brown rice wrapped in a flour tortilla or layered in a tostada bowl</td>
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</table>

#### WED-FRI

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<tbody>
<tr>
<td>Jerk Shrimp</td>
<td>Jerk marinated shrimp with spicy mango salsa, red beans and coconut rice</td>
</tr>
<tr>
<td>Ropa Vieja Sandwich</td>
<td>Cuban style stewed beef, Mama Lil’s pepper mayo, sautéed peppers and onions on a telera roll</td>
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### DUB STREET

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<tbody>
<tr>
<td>Jalapeno Popper</td>
<td>1/3 pound all-beef patty, cream cheese, Dub sauce, caramelized onions and pickled jalapenos</td>
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<tr>
<td>Fry of the Week</td>
<td>Sidewinders</td>
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</tbody>
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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)